

ASRM project

Proposed NASA tests at Stennis may pose threat to environment

BY D.C. HARVILL
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The Sea Coast Echo

Some scientists and documents say the Advanced Solid Rocket Motor (ASRM) tests NASA plans to conduct at its Stennis Space Center (formerly National Space Technology Laboratories) possibly could cause serious, long-term effects on the people and environment in surrounding areas, despite the assessment made in the project's Environmental Impact Statement (EIS).

The Environmental Protection Agency has approved the EIS and any potential environmental problems will be addressed either during the permitting process or by mitigation, according to Dr. Rebecca McCaleb, NASA's environmental officer who coordinated creation of the EIS written by Ebasco Services Incorporated.

Mitigation means that efforts will be taken to minimize any foreseen adverse impacts and to implement corrective measures after the impacts have been made.

"I feel comfortable with the EIS. I think they (Ebasco) have done a good job," said McCaleb.

After reviewing information he had requested about the operation, State Representative J.P. Compretta of Bay St. Louis said, "It sounds like there could be a real problem (with

the tests). We certainly don't want something done out there (at SSC) that is going to effect us 20 to 30 years down the road, for our children and grandchildren. I don't know if there is a cover-up involved or not, but I'm going to look into it," State Representative J.P. Compretta said.

When asked for comments on possible environmental and

health problems, ASRM Project Manager Lowell Zoller deferred to McCaleb.

"She is my personal agent when dealing with environmental impacts," Zoller said.

The ASRM program calls for four tests the first year and two each year following, beginning in the early 1990's. Duration of the project as proposed will be 30 years. The creation of 150

jobs is expected for the testing phase.

According to the center's Operations Director Arthur J. Rogers Jr., construction of the test facility could begin by the end of the year.

ACID RAIN

McCaleb maintains that the tests will operate within the standards set forth in the Clean

Air Act.

According to the final EIS for the project, issued in March, each of the firings will emit 228,000 pounds of hydrogen chloride gas and 362,000 pounds of aluminum oxide particulate into the atmosphere.

Hydrogen chloride reacts readily with water, forming hydrochloric acid.

McCaleb claims that will not

be a problem since no water will be used to cool the test stand.

Water, however, is another by-product of the firing, comprising approximately 10 percent of the exhaust cloud. Hydrogen chloride, according to the EIS, is a hygroscopic (water absorbing) material and would also form acid by combining with the moisture in south Mississippi's consistently humid air—acid that could fall in the form of acid rain.

The tests could produce rainfall with a pH as low as 1.5, according to an evaluation of SSC as an ASRM test site published in 1987 by NASA contractor Sverdrup.

The pH-scale is a measure of a substance's acidity or alkalinity. As the number decreases from seven (neutral) the greater the level of acidity.

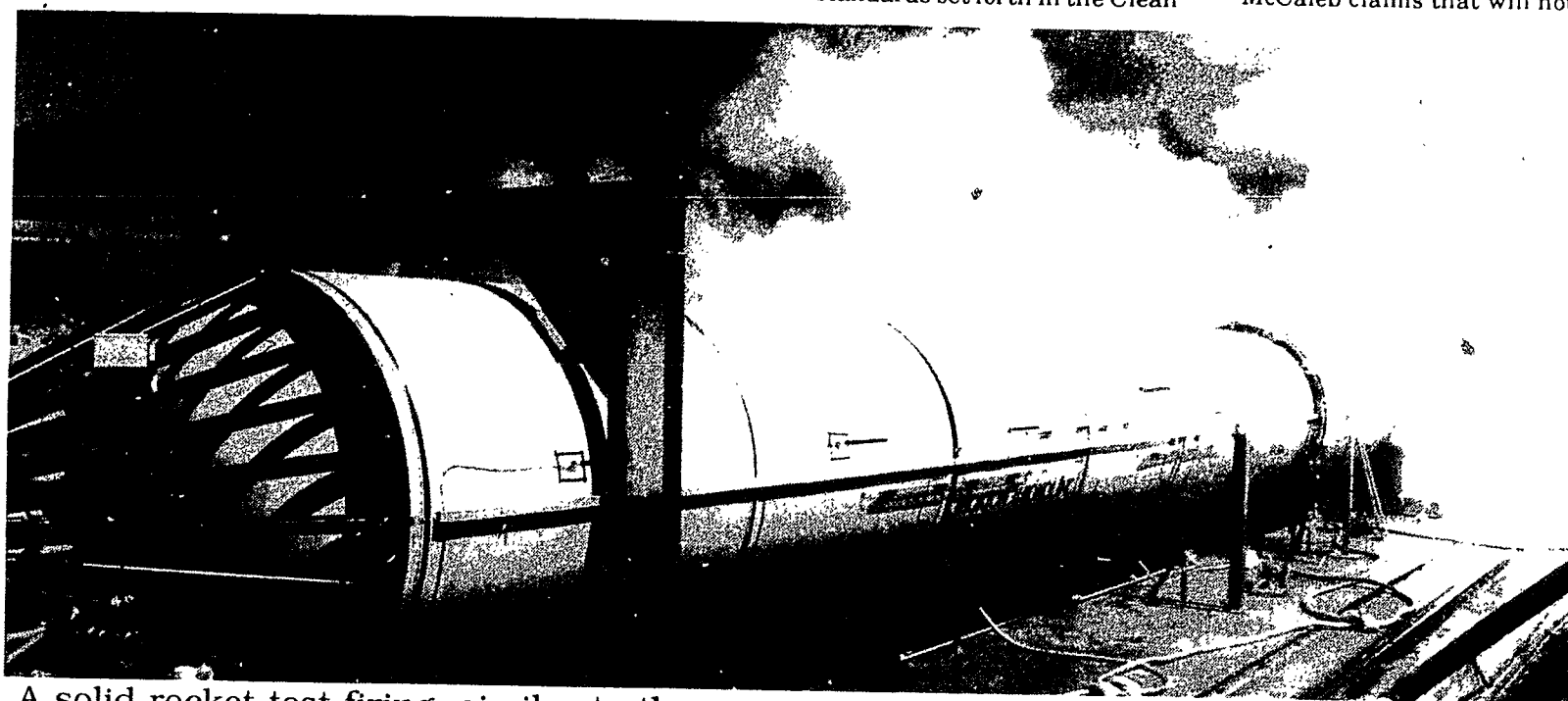
According to Sverdrup's evaluation, "if a low-pH rain were to occur over any local environment other than the open ocean, the impacts would be immediate and severe. Many types of plants would be killed, resulting in long-term damage to local productivity (both ecological and economical)."

The damage would not be confined to plants and animals, however, the document says.

"Man-made structures would also be damaged by the reaction of acid with concrete, painted surfaces, etc.," it says.

The amount of acid produced by the tests in one year would have to disperse over approximately 40 square miles, to be reduced to the levels found in areas in New England most severely damaged by acid rain, according to calculations done by Dr. Chris Cronan, associate professor of botany and forest biology at the University of Maine.

ASRM—Page 3A



A solid rocket test firing, similar to those proposed for Stennis Space Center, being conducted at a Thiokol Corporation facility in Utah. (Photo courtesy Thiokol Corporation)

State auditor's office enforces requirements for vendor licenses

BY DENA BISNETTE

Any vendor who wants to do business with a county in Mississippi must purchase a vendor's license from the Mississippi State Auditor's Office.

According to Greg Pfeiffer, Hancock County purchase clerk, the majority of vendors dealing with the county already have such licenses, but some of the newer ones may be unaware of the requirement.

"This allows the state auditors to review the books of vendors in comparison with those of a county, if they need to do it," he explained.

The requirement is part of the Mississippi Code of 1972 and has existed for a number of years, but is now being more strictly enforced, the clerk added.

Along with House Bill Four, enacted last year as part of the state's county government reform legislation, the vendor's license regulation is expected to help perfect the centralized

purchasing system now mandatory for Mississippi counties.

Section 19-13-71 of the code specifies, with regard to any goods or services, not specifically exempted under other regulations, sold to the county:

"Every bid or offer filed with any county in this state for the sale to it of any such personal property, or the making of repairs thereto, and every claim filed with any county seeking payment for any such property or repair work, shall bear the license number of the party by and for whom the same is filed, or, if a claim exceeds \$100, the sworn statement that the total volume of such sales and repair work does not exceed the sum of \$1,500 in any one year, and any claimant knowingly filing such a sworn statement that is not true will forfeit his claim in addition to being liable for criminal prosecution for perjury."

The statutes the any written communications about transactions covered must bear the

vendor's license number.

A clerk who fails to put the number on any claim covered by this statute must forfeit \$1,000 on his official bond to the county. Each member of the board is liable for up to \$1,000 as well, unless he has voted against approval of the claim involved.

If a business changes location, officers, partners, ownership, names, bonds or bonding companies, the auditor's office must be notified in writing within 30 days.

State contract vendors who deal with counties are not exempt from the requirement for a vendor's number.

Applications for vendor license numbers can be picked up at the purchase clerk's office, across Main Street from the Hancock County Courthouse.

Pfeiffer said the audit department issues a license the same day qualified applications are received, so very little delay in business is involved. The application fee is \$25.

Youth charged in capital murder

BY DENA BISNETTE

A 17-year-old juvenile has been jailed without bond in the capital murder of a Slidell, La., man.

Bay St. Louis Police Chief Ray Murphy said the victim has been identified as Charles E. Daniels, 37, of Slidell.

Murphy said Gino Tillman, 17, of 763 Washington St., Bay St. Louis, was charged with capital murder Wednesday and has

been jailed without bond.

Capital murder charges apply when another crime has been committed along with the murder. In this case, Murphy stated, the victim's car was stolen.

The body was found in the 600 block of Keller Street by a pedestrian, who told authorities he could see it lying in a ditch from the other side of the street.

Daniels was killed by a shotgun blast, Murphy said. An autopsy was performed late Wednesday and results are expected later this week.

The police chief said authorities are still looking into the circumstances of the murder and could provide no details by *The Sea Coast Echo's* Wednesday night press time.

Detective Tom Burleson is in charge of the investigation.

ON PATROL

CRACK ARREST

A joint effort between the Waveland Police and Hancock County Sheriff's Departments led to the arrest of a Waveland man on drug charges.

Charles Wesley Bruns, 29, Dufour Lane, Waveland, was arrested at his home Tuesday evening. He is charged with possession of a controlled substance with intent to distribute, according to Sheriff's Investigator Glen Strong.

Because Bruns is a parole violator, he has been incarcerated in Hancock County Justice Facility without bond, Strong said.

The arrest was made after the execution of a search warrant turned up 17 rocks of crack cocaine and a small amount of marijuana," Strong said.

Waveland Investigators Robert "Poochie" Tartavouille and Sandra Henley, in charge of the investigation, were assisted by Strong.

By D.C. Harvill

Bearly there

Elusive black bear escapes captors

BY ELLIS CUEVAS

A black bear has been reported in the Cedar Point area several times since early Sunday morning.

William Collins of the State Department of Wildlife, Fisheries and Parks said his department is attempting to capture the elusive bear and transport it to a more rural area.

Dunbar Avenue resident David Nacaise and his family viewed the bear as it crossed a fence into his yard from a thicket and walked to the back of his property about 8:45 a.m. Sunday morning.

Nacaise said, "I thought the animal was a large dog in the thicket and was after my cats. I went into the house and looked out a window, I saw a black large animal in my yard."

Nacaise reported his wife and children watched the bear as it

walked to the back of his property and disappeared into the woods.

A little while later as officers were at the Nacaise residence, a motorist reported seeing the bear on Engman Avenue.

Collins said the bear will have to be moved quickly when captured because it could go into shock.

Officers are trying to isolate the area where the bear is, because when he spots people, he moves out of the area immediately.

Bay St. Louis Police officers and Hancock County sheriff's deputies are all assisting the conservation officers along with their department's district biologist.

The bear was tracked on Monday night and all day Tuesday.

Collins emphasized the fact

that the bear is well protected by state as well as federal laws.

The bear is estimated to weight 250-300 pounds and is about 3 1/2 to 4 feet in length. Collins reports a bear usually has a 15 to 20 square mile territory.

Leo Ladner, Hancock County deputy sheriff, reported he and his father had seen several bears about 25 years ago in the Diamondhead area, as well as by the hotel near DuPont before the properties were developed.

Collins said the bear could take off any time, swim the Jourdan River and escape across the marsh to wooded areas north of the bay.

Anyone seeing the bear is asked to keep his distance and report the location to the Bay St. Louis Police Department at 467-9221 or the Hancock County Sheriff's Department.

TIDES

DAY HIGH LOW

WEEK OF 7-27-89

Thurs.	7:49 a.m.	7:57 p.m.
Fri.	8:46 a.m.	8:52 p.m.
Sat.	9:42 a.m.	9:46 p.m.
Sun.	10:41 a.m.	10:38 p.m.
Mon.	11:34 a.m.	11:23 p.m.
Tues.	12:22 p.m.	
Wed.	1:08 p.m.	12:09 a.m.
Thurs.	1:50 p.m.	12:44 a.m.

FISHING RODEO

The sixth annual Gulf Coast Sportsman's Club Kids Fishing Rodeo for boys and girls ages 13 and under will be held Saturday from 6 a.m. to 5 p.m. Registration is free and will be until 2 p.m. at Beach Boulevard and Washington Street, Bay St. Louis.

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467-9031

ONE DAY SALE

The Humane Society will hold a sale of the donated furnishings of a condominium complex on Saturday from 1 a.m. to 6 p.m. The sale of assorted merchandise will be held at the Hancock County Center, a short distance west of Waveland on US 90.

Time & Temp

467-9051

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BENEFIT DINNER

The Waveland Improvement Project will hold a benefit dinner on Sat., Aug. 29, noon to 6 p.m. at the Martin Luther King Memorial Park, Herlihy Street, Waveland. Proceeds from the dinner will be used by the association for community projects, Clarence Harris, president said. The public is invited.

OBITUARIES

CARRIE DYSON
NED LOUIS LEBLANC SR.
DAVID LEE JR.
RALPH MITCHELL
MARY MORAN
S. GRADY THIGPEN JR.
EDWARD THRASH SR.
TEDDY WEAVER

CARRIE DYSON

Mrs. Carrie Dyson, 81, of Bay St. Louis died Monday, July 24, 1989, in Bay St. Louis.

The body was sent from Edmond Fahey Funeral Home in Bay St. Louis to Tharp-Sontheimer-Tharp Funeral Home, 1600 North Causeway, Metairie, La., for services and burial.

NED LOUIS LEBLANC SR.
 Ned Louis LeBlanc Sr., 74, of Gretna, retired general manager of Russell's Sunshine Ice Cream, died Friday in New Orleans.

He is survived by his wife, Alma Hicks LeBlanc; four sons, Easton of Gretna, Ned Jr. of Metairie, James of Poland, Ore., and Robert LeBlanc of New Orleans; six daughters, Doris LeBlanc, Joyce Duke and Barbara Normand of New Orleans, and Janice Steibing, Alma Hesse and Mary Ford of Metairie; two sisters, Mrs. Corinne Spedden of New Orleans, and Mrs. Doris LeBlanc of Baton Rouge, La.; five brothers, Clyde John LeBlanc of Bay St. Louis, Richard J. LeBlanc of Baton Rouge, Percy J. LeBlanc of Baton Rouge, William J. LeBlanc of Baton Rouge, and Louis G. LeBlanc of Donaldsonville, La.; 35 grandchildren and 16 great-grandchildren.

A Mass of Christian burial was celebrated Monday morning at St. Joseph Church in New Orleans, followed by interment in Garden of Memories Cemetery.

DAVID LEE JR.

David Leland Lee Jr., 27, of Picayune died Sunday, July 23, 1989, in Hancock County.

Mr. Lee was a maintenance worker on an offshore oil rig. He was a member of St. Paul Lutheran Church.

Survivors include his parents, Mr. and Mrs. David Leland Sr.; a daughter, Miss Marie Lee; all of Leetown; and a brother, Dr. Michael J. Lee of Picayune.

Services were conducted Wednesday morning at MacDonald Funeral Home chapel in Picayune. Burial followed in New Palestine Cemetery in Picayune.

RALPH MITCHELL

Ralph Mitchell, 52, of New Orleans died Sunday, July 23, 1989, in New Orleans.

Mr. Mitchell, a native of Logtown, was a member of Greater Mount Zion Methodist Church of Pearlinton.

Survivors include his wife, Vernadine Mitchell of Lexington, Ky.; five sons, Gerard Mitchell, Johnny Mitchell, Brian Mitchell, Mark Mitchell and Mike Mitchell, all of Lexington; five sisters, Annie Mae Dixon, Ann Mitchell and Virginia Doby, all of Pearlinton; Janice B. Robinson of Lexington; and Ruby Mitchell of Chicago; and two brothers, Robert Mitchell of Waveland and William Mitchell of New Orleans.

Card of Thanks

The family of Naomi Young would like to express their appreciation to those who provided support in our time of need.

There are many of you whose addresses we don't know and yet your care and concern is met with heartfelt thanks.

T. C. Young and Family

Services were conducted Wednesday at the Greater Mount Zion Methodist Church in Pearlinton. Burial followed in Lindsey Cemetery in Logtown.

MARY MORAN

Mrs. Mary Geneva Hoda Moran, 72, Kiln, died Tuesday, July 25, 1989, in Gulfport.

Mrs. Moran, a native of Kiln, was a member of Annunciation Catholic Church in Kiln and the St. Vincent DePaul Society in Kiln. She was preceded in death by her husband, Carl J. Moran Sr.

Survivors include four sons, Dr. Carl J. Moran Jr. of Raymond, Lowell Moran of Cincinnati, Warren Moran and Philip Moran, both of Kiln; four daughters, Mrs. William (Helen) Teachout of Herndon, Va., Mrs. Gregory (Edna) Lutz of Gulfport, Mrs. Jack (Frances) Gordy and Mrs. Woodson (Barbara) Westerfield, both of Jackson; and 18 grandchildren.

Visitation was Wednesday evening at Edmond Fahey Funeral Home in Bay St. Louis. A procession will leave the funeral home at 12:30 p.m. Thursday to go to a 1 p.m. Mass at Annunciation Catholic Church in Kiln. Burial will be in St. Joseph Cemetery at Rotten Bayou.

S. GRADY THIGPEN JR.

Samuel Grady Thigpen Jr., 64, former Picayune mayor and longtime businessman and civic leader, died Monday, July 24, 1989, in New Orleans.

Mr. Thigpen was president and chief executive officer of First National Bank of Picayune. He began a popular local morning radio show "Thigpen Store News" on radio station WRJW. He was a member of First Baptist Church of Picayune.

Survivors include his wife, Shirley B. Thigpen; two sons, S. Grady Thigpen III and Thomas F. Thigpen, all of Picayune; a daughter, Ann L. Thigpen of New Orleans; his mother, Lorena T. Thigpen of Picayune; a sister, Analynn Holloway of Baton Rouge; and four grandchildren.

Funeral services were conducted Wednesday at First Baptist Church, followed by burial in New Palestine Cemetery. McDonald Funeral home was in charge of arrangements.

Bay schools remain without assistant superintendent

BY DENA BISNETTE

The Bay Waveland School Board has not yet named an assistant superintendent.

After accepting two routine staff resignations and hiring seven people, mostly teachers, the board went executive session for about two hours to discuss personnel Tuesday, but

EDWARD THRASH SR.
 Edward Jackson Thrash Sr., 58, of Picayune died Saturday, July 22, 1989, in Picayune.

Mr. Thrash was a welder for a shipyard.

Survivors include his wife, Yvonne Lee Thrash of Picayune; two sons, Edward Jackson Thrash Jr. of Picayune, Anthony Kent Thrash of Jackson; a brother, Joe Thrash of Hattiesburg; two sisters, Mrs. Dorothy Lee and Mrs. Dean Lee, both of Leetown community; his parents, Mr. and Mrs. Edward D. Thrash of Picayune; and a granddaughter.

Services were conducted Monday at Lee's Chapel No. 2 Baptist Church in Leetown with burial in Leetown Cemetery. McDonald Funeral Home

in Picayune was in charge of arrangements.

TEDDY WEAVER

Teddy Lynn Weaver, 15, of Ripley, Miss., died July 20, 1989 in Ripley. He was a student at Blue Mountain High School and a Baptist.

Survivors include his father, Johnny Weaver Sr. of Somerville, Tenn.; his mother, Kathie Sides Clark of Waveland; three brothers, Johnny Weaver, Tony Weaver and Christopher Weaver, all of Ripley; a sister, Brenda Michelle Weaver of Somerville; and grandparents, Mr. and Mrs. Earl Sides of Ripley.

Ripley Funeral Home was in charge of arrangements on Sunday, July 23, followed by burial in New Salem Cemetery.

Leetown man dies in Sunday accident

BY D.C. HARVILL

A one-car accident Sunday night claimed the life of a 28-year-old Leetown man.

David Leland Lee Jr. died when he was hit by his own pickup truck after being thrown from the vehicle, according to Hancock County Sheriff Ronnie Peterson.

"He apparently lost control and ran off the road, causing the truck to flip," Peterson said.

Lee was pronounced dead at the scene by Hancock County Medical Examiner Harold Stiglet, who stated that the death was caused by injuries to the head.

The Sheriff's Office received the call about the accident at 9:25 p.m. on Leetown Road, Peterson said.

Deputy Kenneth Hurt is in charge of the investigation into the cause of the accident.

Historical Society plans lunch-time program

Hancock County Historical Society will meet at the Bay Waveland Yacht Club today at noon for a dutch treat lunch.

The program will be "Bay St. Louis—a Historical Health Resort Town." Recounting the past when tourists from all corners came here for the clean water, smell of pine trees, mineral springs, gardens and the

tranquility of a sea resort community.

Sherri Schwabacher will be guest speaker along with Portia Labat, whose grandmother worked with Dr. L. H. Von Gohren at his health spa, and J. E. Loiacano will update and talk on the modern versions of health fitness.

The public is welcome to attend.

Home furnishings available at Humane Society sale

The Humane Society has received a donation of home furnishings from a condominium complex in Long Beach. The merchandise is in very good condition and consists of beds, springs, mattresses, bedding, tables, chairs, lamps and more.

There will be a special one-day sale of these items on Saturday, July 29 from 10 a.m. to 6 p.m. It will be held at the Hancock County Community Center, a short distance west of Waveland on US 90.

The proceeds of this sale will go into the Humane Society

Shelter Fund.

"We invite everyone who is looking for good furniture at

very affordable prices to come. Everything is cash and carry," said Thyla Rogers, president.

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Highway 607 contract awarded

The Mississippi State Highway Commission has awarded a contract for work in Hancock County, according to Southern District Highway Commissioner Ronnie Shows.

At a contract cost of \$549,284, Necaise Construction Inc. of Gulfport received the award as the low bidder.

Shows said the contract provides for the milling and overlaying of approximately six miles of Mississippi Hwy. 607 beginning at US Hwy. 90 and

ending at Interstate 10.

Shows explained that the overlaying process creates a smoother, safer surface to travel upon as well as helps to increase the life expectancy of the roadway.

The commissioner said he is pleased funds are available for this much needed project.

He urges all who drive through the work zone to use extreme caution.

The completion date is Dec. 12, 1989.

Parents Without Partners meeting set August 3

Parents Without Partners will meet Thursday, Aug. 3 at Gaston Hewes Recreational Center, 2608 17th Street in Gulfport at 7:30 p.m.

This week's guest speaker is Dianna Zinn, well known psychic from Ocean Springs, Ms. Zinn, a noted writer, speaker,

mystic, counselor and teacher, will present a program on "Self Responsibility and Blame."

The public is invited to attend this meeting.

Ms. Zinn speaks regularly to business, church and social groups throughout the country.

DAR Southern District workshop slated Aug. 10

The Southern District workshop of the Mississippi State Society of Daughters of American Revolution will be Wednesday, Aug. 10. Registration and coffee will begin at 9 a.m. The opening session at 9:30 a.m. will be followed by lunch at 12:30

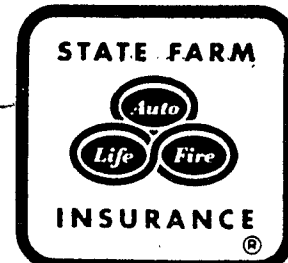
p.m. and a registrar/lineage workshop at 1:30.

Members reservations of \$5 for luncheon must reach Mrs. Betty Holmes, 2010 Evergreen Lane, Hattiesburg, MS 39401 by Aug. 2.

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FALSE ASSUMPTIONS

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Projections in behavior are bas ration solid roc Utah and at Kei according to Mc

Conditions at cally different fr ter. Tests at the a sparsely popul aline soil, accordi Raab.

LOCAL

CLASS OF '81

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ASRM

Continued from Page 1A

"It sounds like a dose of acid that could be environmentally damaging and I don't think they (NASA) have adequately addressed that," Cronan said.

The EIS indicates that any potential acid problems may be handled by application of lime, a solution that may not be feasible, according to Cronan.

Limiting the amount of area affected, including large tracts of forest, "would be a huge undertaking," Cronan said.

HEALTH THREATS

Health effects associated with hydrogen chloride exposure include irritation of the mouth, nose, throat and eyes. The chemical also "may cause erosion of the teeth," some time after exposure, according to an EPA hazardous substance fact sheet.

According to the EIS, rabbits exposed to certain levels of the gas experience death of their cilia, the hair-like structures in lungs that aid in the elimination fluids.

If human cilia are severely damaged, fluid buildup in the lungs creates a situation similar to emphysema and can result in death, according to Susan Wuerthle, a toxicologist with the Environmental Protection Agency's District Eight office in Denver.

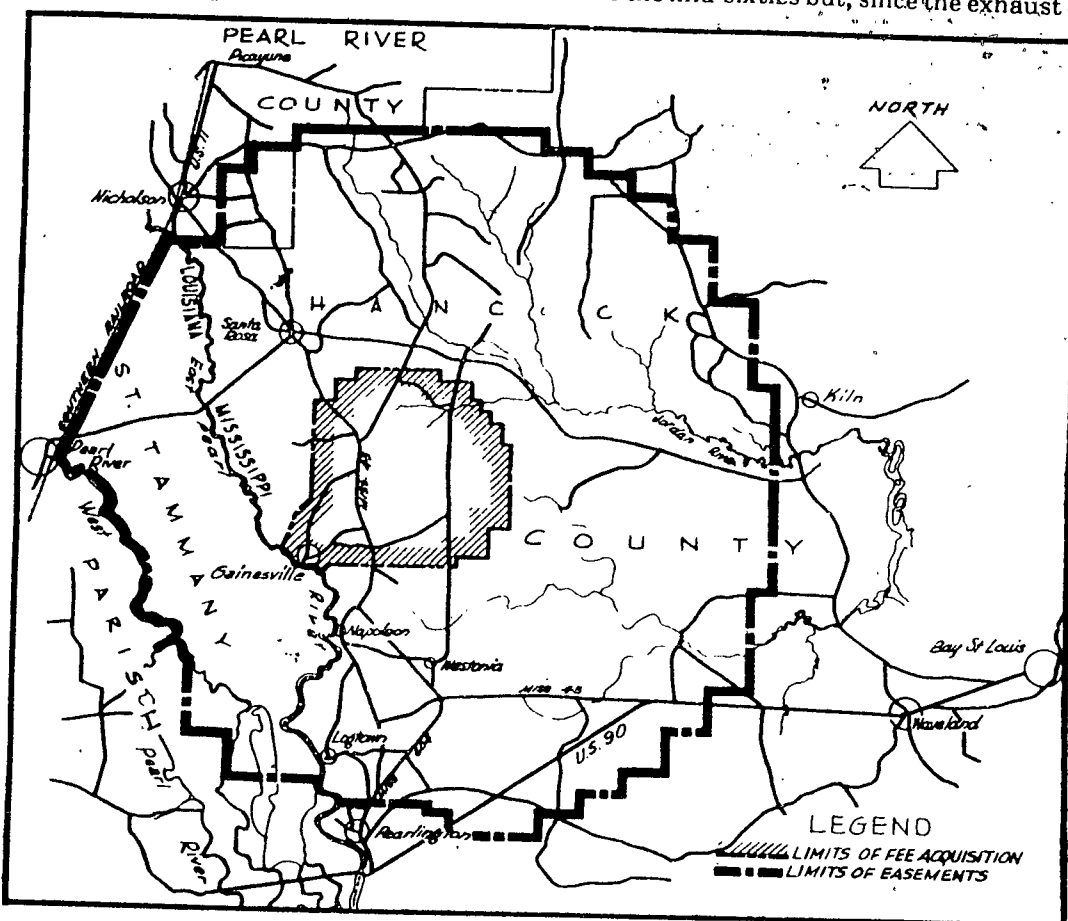
"Our tests are conducted in a bowl—the site is surrounded on three sides by mountains rising 1,000 to 2,000 feet above the test site. The side that is open faces Great Salt Lake—there is nothing in that direction for 70 miles. About the only comparison that can be made between testing at the two sites is that it is one whale of a test," Raab said.

While natural conditions at Kennedy are similar to those at SSC, rockets fired there leave the launch pad at great speed allowing the exhaust cloud to automatically disperse over the expanse of the Atlantic Ocean.

According to McCaleb, a "state-of-the-art meteorological station" will be constructed at Stennis to monitor weather conditions during the project.

The Florida Department of Environmental Regulation, in a response to the draft EIS included in the final version said, "The DEIS indicates that the development of these facilities at Kennedy would result in significant environmental impacts to wetlands, floodplains, wildlife, dunes and air and water quality," a letter from the Florida Department of Environmental Regulation stated.

NASA has tested liquid-fuel rockets at SSC since the mid-sixties but, since the exhaust cloud



Stennis and Buffer Zone-1961

When asked if hydrogen chloride will combine with fluid in the lungs to form hydrochloric acid McCaleb said, simply, "Yes".

FALSE ASSUMPTION, FLAWED PROJECTIONS

The EIS states that the highest concentration of hydrogen chloride will occur approximately seven miles away from the test site.

Because each test will last only two minutes, the EIS assumes exposure to the hydrogen chloride also will be for only two minutes. Based on that assumption, the EIS claims the concentration of hydrogen chloride at seven miles will be within levels set by health safety standards.

After the exhaust cloud leaves the engine, however, the length of time it remains in one place is dependent upon meteorological conditions: wind speed and direction, humidity, barometric pressure, precipitation, etc.

Projections in the EIS for the exhaust cloud's behavior are based on firings at a Thiokol Corporation solid rocket manufacturing facility in Utah and at Kennedy Space Center in Florida, according to McCaleb.

Conditions at Kennedy and Utah are drastically different from those at Stennis Space Center. Tests at the Thiokol facility are conducted in a sparsely populated, arid region that has an alkaline soil, according to Thiokol spokesman Rocky Raab.

from those firings contained mostly water vapor, environmental impact has been minimal.

NEW SCHOOL SITE NOT CONSIDERED

The EIS takes into account the presence of Stennis Air Park at the eastern perimeter of SSC's acoustic buffer zone, but makes no mention of the new Hancock County Junior/Senior High School being built adjacent to the park, approximately seven miles from the test site.

The school had been planned for that location before the final EIS was written.

"There are a lot of structures located just outside the perimeter of the buffer zone and we would have had to list them all if we included the school," McCaleb said.

ALUMINUM AND ALZHEIMER'S

The great quantity of fine particulate aluminum in the exhaust cloud compounds the potential hazards involved with ASRM testing at SSC. Scientists are just beginning to discover the dangers involved with the common element.

McCaleb said no adverse effects are expected due to aluminum emitted into the atmosphere by the tests.

Recent developments in medical research implicate aluminum as a major contributing factor in the occurrence of Alzheimer's disease, the fourth most frequent cause of death in the U.S.

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LOCAL BRIEF

CLASS OF '81

An organizational meeting of persons planning a 10-year reunion for the Bay Senior High School Class of 1981 will be held July 27 at 6:30 p.m. at the Jaycee Hall on St. John Street in Bay St. Louis.

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"QUOTABLE QUOTES"

By Ellis C. Cuevas

Some folks thought I was joking while talking to them about a bear being near their back yards Sunday morning.

I know David Necaise and his family were really surprised when the animal appeared in their yard from a thicket next door.

David said he thought a dog was in the woods trying to harass his family's cats and was in the process of trying to chase the animal away.

The animal has definitely been identified as a bear, and all citizens should realize that bears are protected by state as well as federal laws.

Bears are not uncommon for Hancock County as I have talked to some residents who have seen them on occasions prior to the development of Diamondhead and the Dupont plant.

Conservation officers would like to capture the bear and move it to a more suitable habitat, as the animals usually need some 20 to 30 square miles of territory.

We urge residents to call the sheriff's office or Bay Police Department if they happen to spot the animal and they will contact the conservation officers.

We will let you know the outcome of "the bear that came to town."

On Saturday youngsters will have an opportunity of proving what good fishermen they really are at the sixth annual Gulf Coast Sportsman's Club Kids Fishing Rodeo.

The fishing event's headquarters will be in Bay St. Louis at the American Legion Memorial Pier, Beach Boulevard and Washington Street.

Registration is free and will be open to boys and girls ages 13 and under.

Members of the Sportsman's Club have been very busy in recent days making preparations for the annual fishing rodeo which had some 400 participants last year.

There are many prizes to be awarded for the largest fish in several divisions as well as random drawings for the registrants.

I think the fishing rodeo is great and it makes me feel good to see the number of parents with their children.

The rodeo begins at 6 a.m. with the scales closing at 5 p.m.

Registrants will receive a free Coke and hot dog. We hope to see many young anglers participating in the competition.

Isn't it great to see the lights once again on the Ulman Avenue Pier?

Councilman James Rutherford said he counted more than 100 people on the pier Saturday night.

This is a fine recreation area, some people fish while others just take advantage of the lights and cool breezes to take a nice walk on the one-quarter-mile pier.

The pier is the property of all citizens and I am hoping it will be properly used and enjoyed by all.



BEAR TRACKING—Bay Police Chief Ray Murphy, right, and Patrolman Don Ocho check bear tracks early Sunday on Engman Avenue. A black bear was spotted in the back yard of the David Necaise residence on Dunbar Avenue and was later seen crossing Engman Avenue in addition to other sightings in the Cedar Point area of Bay St. Louis. Mississippi Department of Wildlife, Fisheries and Parks agents are in the process of trying to capture the animal. (Echo staff photo by Ellis C. Cuevas)

BULLETIN

TO: CITIZENS OF HANCOCK COUNTY, MISSISSIPPI
FROM: NICHOLAS M. HAAS, HANCOCK COUNTY PUBLIC DEFENDER
DATE: JULY 26, 1989

If any citizens or law enforcement officers spot the Black Bear, you are instructed under penalty of Federal Law to do nothing except read him his rights as follows:

- 1) You have the right to remain free and roam at will.
- 2) You have the right and choice to destroy property and obtain food as you deem necessary.
- 3) You have the right to say anything you desire, and

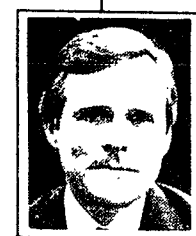
nothing will be held against you.

4) If you cannot afford a lawyer, one will be appointed to you at no cost.

5) If you are unable to obtain proper housing, medical and sufficient food, same will be supplied to you at no cost by the Sheriff of Hancock County, Mississippi.

6) You have the right at any time to exercise these rights and may continue or stop as you deem necessary.

HAVE THE BLACK BEAR IMPRINT HIS RIGHT FRONT PAW AS EVIDENCE OF BEING ADVISED OF HIS RIGHTS.



FROM THE CAPITOL

By Governor Ray Mabus

30 counties ask for assistance due to weather-related floods

The July 4th weekend of 1989 will not soon be forgotten for many Mississippians threatened by flood waters. At a time when we should have been celebrating our nation's independence, many citizens were helping each other in a real time of need.

Our losses were not measured in damage to property alone. It was also measured in the loss of lives.

It renewed my faith in humanity, however, to see so many people reach out to their fellow citizens in a time of crisis. After speaking to many of those affected during the flood, I want to commend all the neighbors, volunteers and emergency officials at every level who worked so hard to cope with the recent flooding.

So far, 30 counties have asked for assistance under the emergency proclamation I issued on July 3. These counties are located in every area of the state. The damage ranges from crops and houses to roads, bridges and other public facilities.

Mississippi is now waiting to hear from the federal government as to whether federal assistance will be forthcoming. We have formally requested assistance in insuring that immediate relief is provided to Mississippi and its people from the appropriate federal agencies. I know our congressional delegation is working with us to ensure Mississippi is given proper consideration for relief. Controlling the forces of nature is a battle as old as creation. We do the best we can, knowing that it may never be quite enough. One such effort to control the forces of nature is the federally-

funded Yazoo Basin Projects in the Delta, which offer hope that we can better protect both agricultural and residential property from the ravages of flooding.

Earlier this year, we released a special task force report on the Yazoo Basin Projects. The task force found the projects play a very important role in providing needed flood protection. I believe everyone concerned about flooding in the Delta recognizes the value of these projects.

At the same time, the report noted that environmentally sensitive projects need to be studied to make sure that the projects do not cause irreparable damage to natural wetlands, recreational areas, migratory waterfowl habitat, and hunting and fishing areas.

It is clear that everyone also recognizes the importance of protecting the environment for future generations of Mississippians.

When we toured the Delta earlier this month, I saw firsthand the devastating effect of the weather-related flooding.

Now, and in the future, I am committed to working with those affected by the rains of July. I am likewise committed to help all the citizens of Mississippi who have seen their lives and livelihood washed away by the whims of nature.

In the meantime, we will continue to do what we can at the state and local level to provide protection and relief from floods.

With cooperation and common goals, there is hope. We may not be able to stop flooding, but we can make a difference in protecting Mississippi's abundant resources.



IN CONGRESS

By Congressman LARKIN SMITH

Why we need Camp Shelby

Camp Shelby is in a crisis. The Department of Defense budget has decreased in each of the last six years. In order to cut costs, the Defense Department is looking to close installations that are no longer needed.

Because Camp Shelby does not have sufficient land to maneuver tracked vehicles, it is in danger of losing the last three armored brigades that train there—including Mississippi's 155th Armored Brigade. With no brigades left to train, Camp Shelby immediately becomes a prime target for base closure.

However, there is one encouraging sign. The U.S. Forest Service and the Department of the Army are working on a proposal to provide Camp Shelby with 32,000 acres for the needed maneuver area. Such a deal would ensure Camp Shelby's continued operation well into the future.

As of yet, Mississippi's congressional delegation has not been presented with a final, detailed proposal. Such a proposal takes time to work out because of the many issues involved.

We have, however, been presented with the facts and issues and have carefully considered all of them. We are also seeking as much additional information as we can obtain from the National Guard and the National Forest Service to make sure that all public concerns are addressed.

Here, in a nutshell, are the major points that must be considered before a land deal for Camp Shelby can be made:

* **No Nukes:** Nuclear waste will never be stored at Camp Shelby. Federal law, passed in 1984, prohibits use of land owned by Camp Shelby for storage of nuclear waste. This also will be written into any agreement on a title exchange.

* **Environment:** All environmental concerns will be addressed prior to the exchange. I personally plan to hold a meeting with environmental groups to address their concerns.

* **700 Jobs:** If Camp Shelby closes, more than 700 Mississippians will lose jobs.

* **\$75 Million:** If Camp Shel-

by closes, \$75 million will be taken from the local economy.

\$19 Million: If Camp Shelby is expanded, the local jobs will be safe with some additions to the workforce, and an additional \$17.75 million will be added to the local economy.

Wildlife: The Mississippi National Guard also proposes that the Wildlife Department continue its game management activities on the management area, and that the game management area be expanded by 10,500 acres.

Hunting: The Mississippi Military Department proposes to organize a Rod and Gun Club at Camp Shelby to provide more access to the lands for the sportsmen. Training will be halted during the winter hunting season and spring turkey seasons to allow the public the same access to the lands as they currently enjoy. Military live firing will be prohibited in this area. All live weapons firing takes place within restricted air space.

* **Timber:** Under any final proposal, the counties involved will continue to receive the same amount of timber sale revenue for schools and roads as they do now. Proposed timber management by the Department of Defense will be essentially the same as the present. Additionally, the Mississippi National Guard will provide maintenance of roads and replacement of bridges in the counties.

The people of the Fifth District put their trust in me when I came to Congress. They have trusted me to try to improve the economy of South Mississippi. They have trusted me to try to prevent their jobs from being taken away from them. They have trusted me to protect the funds they receive for their local roads and schools.

They have trusted me to uphold their hunting and fishing privileges in DeSoto National Forest. They have trusted me to keep nuclear waste out of the salt domes and protect the environment.

The people of my district gave me their trust, and in any Camp Shelby title exchange, I will uphold their trust.



WASHINGTON REPORT

By Senator Thad Cochran

Seeks administrative, legislative action for flood-damaged farmers

Senator Thad Cochran is seeking administrative and legislative action to help flood-ravaged farmers in Mississippi.

"The heavy rains and flooding of recent weeks have severely damaged many areas of our state," Cochran said. "Farmers in particular have been hurt very much by this rain and flooding."

The senator joined several colleagues from Southern states in appealing to Agriculture Secretary Clayton Yeutter for support in securing disaster relief for affected farmers.

Sen. Cochran, a senior member of the Senate Agriculture Committee, also said he hoped to include language in drought relief legislation before the panel to cover the flood situation in the Southeast.

In a letter to Yeutter, Cochran and colleagues pointed out that cotton and soybean farmers in the Southeast and Southwest had suffered from the heavy rains of recent weeks.

"In view of the rapidly deteriorating situation," the senators said, they asked to meet with Yeutter to formulate plans for combatting the disaster situation.

The senators said they wanted "legislation to provide adequate and equitable disaster relief for producers who

have suffered significant losses."

Cochran, who had inspected flooded fields in the state last week, noted the agriculture panel was scheduled to consider this week a bill originally drafted to provide relief for winter wheat farmers suffering from drought in the Great Plains states.

"This bill could be a vehicle for disaster relief that would also assist farmers damaged by floods and other natural disaster," he said.

Cochran also pointed out he had dispatched his mobile office to several Mississippi counties which had been victimized by the recent rain and flooding.

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Serenity

BY DENA B...
Two Gulf Coast...
featured at "Sun...
Serenity" this we...
The Sunday tea...
ning series of p...
featuring the wo...

There was a time about everyone around tree or so growing in yard.

And in the hot, summers, the ever-figs were relished breakfast cereal or t-cuits, popped into p-ner, added to rich, cream for a special f-and so on.

And, when any fig over, they went into preserves for a spec-summer in wintert-

Although fig tree prolific in our semi-mate, the season is isn't it? Besides, fig tr-as plentiful along these days. Not as r-are used in landscap-plantings as was th-other days, and many-er ones are dying of age or disease.

And, storms, such er Camille in 1969 (us three of our own have taken their to-trees and their ever-fruit.

Another factor is longer seem to have mercial growers of fi-no longer have all th-around our neigh-either! So much for

Newcomers

work ethic.

Another top offi-Iowa, now at a man-company in Central pi, says his colleagu-company's corporate l-eters can't believe the has been growing 5 to every year for the pas-

These are the peopl-prospects will listen. I make sure they are in-our efforts.

ALEX...
Mr. and Mrs. Jame...
birth of their third chil...
at Memorial Hospita...
She weighed 9 pou...
Mrs. Smith is the...
Maternal grandpare...
Paternal grandpare...
Miss. and the late M...

SUMMER 30%-5 SUM

370 Courthouse

The Sea Coast Echo

USPS 487-100

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ELLIS C. CUEVAS
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Serenity tea to feature Lever, Randolph

BY DENA BISNETTE
Two Gulf Coast artists will be featured at "Sunday Tea at Serenity" this weekend. The Sunday teas are a continuing series of presentations featuring the work of Gulf

Coast artists at Serenity, Main Street, Bay St. Louis. Sunday's tea, "Echoes of the Past," will be from 3 p.m. until 6 p.m. and feature the works of Brenda Randolph and Vicki Lever.

Both artists are from Long

Beach. Randolph uses a technique similar to collage to create pieces influenced by her studies of ancient Mayan civilization, while Lever creates what she terms "box constructions" using various items of memora-

bilia that she says look like "things from my grandfather's attic."

Randolph's works are designed for hanging, while many of Lever's pieces are actually boxes, useful in addition to being artistic works.

In creating them, Lever said she has been influenced heavily by her great uncle Lige, who collected the type of materials she uses. Her boxes showcase items ranging from dried flowers and old sheet music to antique eyeglasses and photographs.

Lever has been a full-time artist since 1981, showing her works at various locations, touring to show and sell her works at various locations; her most recent show was at Lincoln Center in New York City. She is now expanding her tours into other locations.

Randolph, who describes herself as "a person following her bliss" since she changed from a part-time artist to a full-time artist about 18 months ago, has been staging private exhibits. Her most recent was at the office of Dr. Donald L. Roberts in Gulfport.

During the past six to seven months, she has changed the style of her work completely to include the Mayan influence, and said the Serenity exhibit will be representative of this new trend.

The public is invited to attend.



Vicki Lever and Brenda Randolph

COOKING UP A STORM

By Katy McGuire
Caire

There was a time when just about everyone around had a fig tree or so growing in the back yard.

And in the hot, sultry midsummers, the ever-so-luscious figs were relished atop the breakfast cereal or toast or biscuits, popped into pies for dinner, added to rich, custardy ice cream for a special flavor treat, and so on.

And, when any figs were left over, they went into delicious preserves for a special taste of summer in wintertime.

Although fig trees are still prolific in our semi-tropical climate, the season is all too short, isn't it? Besides, fig trees are not as plentiful along our coast these days. Not as many trees are used in landscapes and yard plantings as was the case in other days, and many of the older ones are dying off from old age or disease.

And, storms, such as the killer Camille in 1969 (which cost us three of our own fig trees) have taken their toll of those trees and their ever-so-luscious fruit.

Another factor is that we no longer seem to have large commercial growers of figs, and we no longer have all those fig trees around our neighborhoods, either! So much for progress

and all that!

Some years ago, in the off-season, Coast seafood canneries packed those luscious figs which housewives—and many a youngster—had picked from their backyard trees.

And many canned figs ended up as a special treat on the railroad dining cars of the time.

Fresh figs aren't so easy to find anymore, are they? But, with my fig trees gone, I still enjoy delicious figs now and then in a sort of "show the wealth" movement of sorts.

A close friend of mine was recipient recently of a basket of fresh, ripe, wonderful figs, which she shared with me and I in turn shared with another close friend.

By that time, of course, there weren't any more figs to share with anyone else. We all enjoyed them!

If you have a fig tree or so, or can get your hands on some fresh figs, perhaps at the Farmer's Market or elsewhere, you

may want to enjoy:

FIG MOUSSE
1 cup crushed fresh figs
3 Tblsp. lemon juice
1/2 cup powdered sugar
1 cup heavy cream, whipped
Fold lemon juice and sugar into crushed figs. Fold in whipped cream. Put into freezing tray, then freeze until firm. (Four to six servings.)

Or, if you haven't many figs on hand, try a:

FIG CUSTARD
2 cups milk
2 egg yolks
2 Tblsp. sugar
1/4 tsp. salt
grated rind of one lemon
1/2 tsp. lemon extract
Fresh figs, sliced or quartered

Scald milk in double boiler. Whip egg yolk, sugar, salt, lemon rind and lemon extract.

Pour the milk into the hot egg mixture, return to double boiler and cook just until the mixture coats the spoon. Chill.

Place a few fresh figs in a small dish, and top with the chilled custard. (Four to six servings.)

(You may, of course, use pre-

served figs—your own or some you've purchased.)

And, for those:

PRESERVED FIGS
or, as we say,
FIG PRESERVES
2 quarts fresh figs
2 cups sugar
1 cup water
2 slices lemon

Blanch the figs—parboil briefly in boiling water. Combine the sugar and water in a large saucepan, and heat, stirring, until the sugar is dissolved.

Add the lemon slices and the figs, and cook very slowly until the figs are tender, and transparent—approximately

1 1/2 or 2 hours.

Fill sterilized jars with the figs then pour the syrup over them to the top of jar and seal. (2 pints)

Fig, cultivated since earliest times, not only were valued as a food source, but also were regarded as sacred in many cultures, including the ancient Hebrews, Mohammedans and the Romans.

And, the fig is the first tree mentioned in the Bible, remember—"And (Genesis 3:7) they sewed fig leaves together, and made themselves aprons."

So, enjoy your figs—fresh or dried or preserved in water or syrup, candied at Christmas or whenever.

(Copyright, 1989, Katharine D. M. Caire)

THE SEA COAST ECHO—THURSDAY, JULY 27, 1989-5A

HAVE YOU SEEN THE NEW ROOSTERS

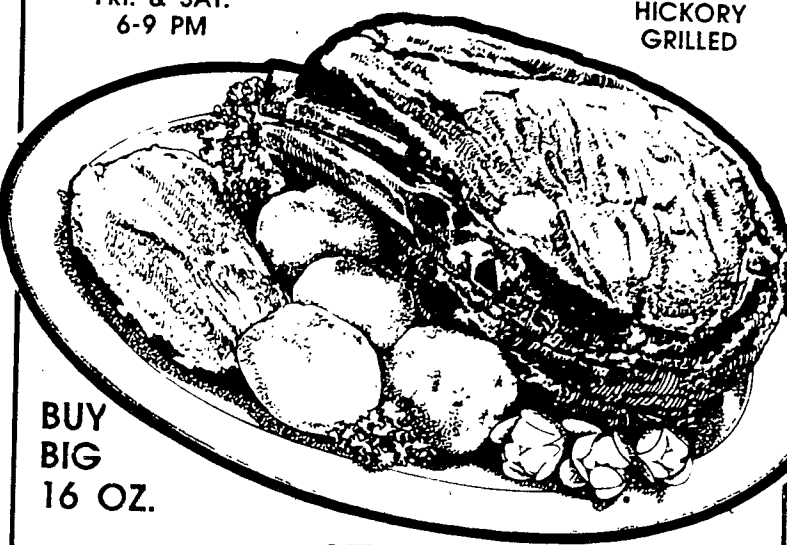
BIGGER & BETTER THAN EVER.



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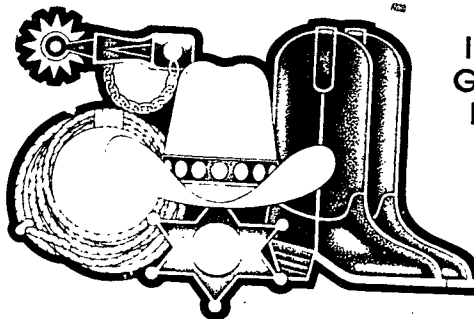
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RAY NOBLE

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Newcomers

Continued from Page 4A

work ethic.

Another top official from Iowa, now at a manufacturing company in Central Mississippi, says his colleagues at the company's corporate headquarters can't believe the company has been growing 5 to 6 percent every year for the past 10 years.

These are the people to whom prospects will listen. We need to make sure they are included in our efforts.

what they missed about the Upper Midwest, perhaps some of the things they couldn't find in Mississippi. They replied, "Nothing."

A plant manager at a metal fabricating facility in Northeast Mississippi, admittedly apprehensive about moving to the state from West Texas, said he was pleased to have his company in Mississippi and was especially impressed with the

BIRTH

ALEXA GABRIELLE SMITH

Mr. and Mrs. James W. Smith of Bay St. Louis announce the birth of their third child, Alexa Gabrielle, July 2, 1989 at 1:41 p.m. at Memorial Hospital in Gulfport.

She weighed 9 pounds, 3 ounces.

Mrs. Smith is the former Alison Wise.

Maternal grandparents are Elmer and Alise Wise of Picayune. Paternal grandparents are Mrs. Mamie Smith of Morgantown, Miss. and the late Moses Smith.

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Help Your Heart

What is a Heart Attack?

The human heart basically is a muscle that pumps blood. It has its own blood vessels, the coronary arteries, that nourish it and keep it alive. In most cases when a heart attack occurs, fatty deposits composed mostly of cholesterol have lined the coronary arteries.

As these deposits build up, they progressively narrow the arteries and decrease or stop the flow of blood to the heart. When there's a decreased flow of blood to the heart, the heart muscle may be damaged, but when there's a complete blockage of the flow of blood so that the heart can't get the oxygen and food it needs, a part of the heart may actually die. This is a heart attack.

A heart attack that occurs when a part of the heart muscle is damaged or dies is called a myocardial infarction. The word "myocardial" refers to the heart muscle, and "infarction" refers to the death of tissue.

When a heart attack occurs, the heart muscle that has been damaged or died is called a myocardial infarction. The word "myocardial" refers to the heart muscle, and "infarction" refers to the death of tissue.

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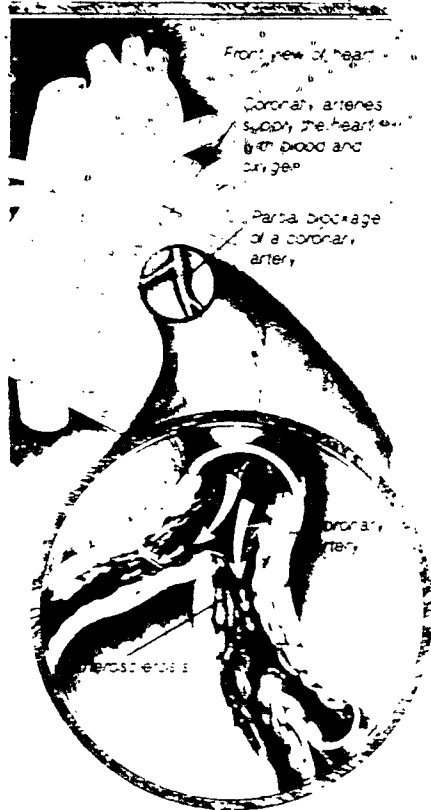
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activities. Usually there's no cause for worry. Unless the heart attack was extremely severe, most heart attack victims in time and with the proper care can function as well as they did before their heart attack.

What is a Stroke?

A stroke occurs when the flow of blood to the brain is blocked. In order to function, brain cells must have a continuous, ample supply of oxygen-rich blood. If the brain cells don't get this supply of blood, they die. One of the frequent causes of stroke is the blockage of an artery by a clot that has formed inside it. When this happens, it's called a cerebral thrombosis, and a part of the brain doesn't receive the oxygen and nourishment it needs.



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they can't function. An added problem is that the accumulated blood from the ruptured artery soon forms a clot, which may displace or destroy brain tissue and interfere with brain function, causing physical disability.

Although cerebral hemorrhages don't all result from the same cause, they're more likely to occur when a person suffers from a combination of atherosclerosis and high blood pressure.

Hemorrhage of an artery in the brain also may be caused by a head injury or by a burst aneurysm. Aneurysms are blood-filled pouches that balloon out from weak spots in the artery wall; they're often associated with high blood pressure. Aneurysms don't always cause trouble, but if one bursts in the brain, a stroke results.

When a stroke occurs, nerve cells in the damaged area of the brain can't function, so the part of the body that's controlled by this area of the brain can't function, either.

The usual result of a stroke is hemiparesis (paralysis of one side of the body). A stroke can also result in aphasia, which is the loss of the ability to speak or to understand the speech of others. Loss of memory can be another result of stroke. When the brain is damaged by stroke, the effects may be slight or severe, temporary or permanent, depending on which brain cells have been damaged and how widespread the damage is. Effects also depend on how well the body restores its blood supply.

Because injured brain cells can't heal or create new cells, the prevention of stroke by modifying risk factors is very important.

Information supplied by the American Heart Association

Have Regular Medical Checkups.

Risk factors such as high blood pressure, elevated cholesterol, excess weight, lack of exercise and cigarette smoking call for medical supervision to prevent a heart attack or stroke.

How to Recognize the Early Signals of Stroke

The primary signal of a stroke is a sudden, temporary weakness or numbness of the face, arm and/or leg on one side of the body. Other signals include: temporary loss of speech, or trouble speaking or understanding speech; temporary dimness or loss of vision, particularly in one eye; unexplained dizziness, especially when associated with other neurologic symptoms.

Many strokes can be prevented by diagnosing and controlling hypertension (high blood pressure), since hypertension is a leading cause of stroke. Sometimes major strokes are preceded by transient ischemic attacks or ITAs. These are "little strokes" whose effects are similar to the symptoms of a major stroke, except that they only last for a very short time. ITAs can occur days, weeks or months before a severe stroke, and so should be considered warning signals. Prompt medical or surgical attention to these symptoms can prevent a major stroke.

How to Reduce Your Risk of Heart Attack and Stroke

There are several ways to lower your chance of having a heart attack or stroke. The following advice, if you heed it, could save your life. Have Your Blood Pressure Checked Once A Year.

High blood pressure is a major risk factor in heart attack, and it's the major risk factor in stroke.

Don't Smoke Cigarettes.

Smoking increases the risk of heart attack.

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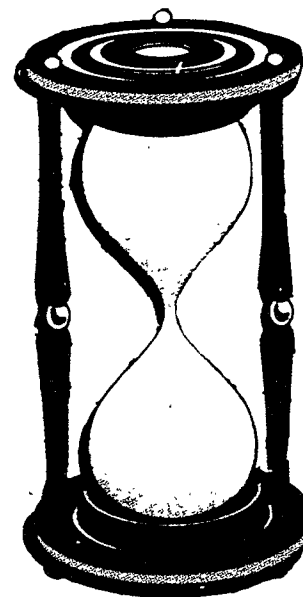
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Qu hea

Heart attack anyone. In fact, suffer the symptoms of a heart attack and either recognize them or risk death.

"By family with the symptoms of a heart attack, you can get treatment, which in a more severe case, even death," says Dr. John M. D. Cardiac Medical.

"Recognizing and knowing they occur could save the life of a member."

Lack of exercise per diet are two risk factors for heart disease. Yet almost half of us never exercise.

Because it is a common condition, exercise is a person's most effective defense against heart disease. It promotes relaxation with the proper weight.

Geoff Kergosien, therapist at Hancock Medical Center, explains the heart just as a heart machine. To determine level at which you just subtract your age and multiply by four, at which you Kergosien said.

Most doctors working at 80 maximum heart rate means multiplying by four. "To actually rate, you'd count beats in 15 seconds by four," Kergosien said.

"If the rate is the number cannot working higher than the rate, you should pace."

Aerobic exercise requires your heart work at maximum better than isometric which requires against fixed and elevates blood pressure. Isometric exercise, weightlifting, strengthen muscles but are ideally combined with aerobic activity.

"Depending on general health, may be better than others," Kergosien said.

"If a person exercising regularly begin slowly and increase the pace."

Hancock Medical Center is a leading provider of cardiac care and trauma emergency care. A staff of emergency room doctors are on site at all times, ready to respond to your critical care needs.

From broken bones to cardiac arrest: When time is of essence, you can count on Hancock Medical Center.

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Help Your Heart

American Heart Association 

Quick action can be heart attack lifesaver

Heart attacks can happen to anyone. In fact, many people suffer the symptoms of a heart attack and either fail to recognize them or refuse to acknowledge them.

"By familiarizing yourself with the symptoms of a heart attack, you can avoid delaying treatment, which could result in a more severe heart attack or even death," said George Crafton, MD, cardiologist with Hancock Medical Center.

"Recognizing the symptoms and knowing what to do when they occur could save your life, or the life of a friend or family member."

Crafton cited three of the most common warning signals of a heart attack:

- * Uncomfortable pressure, fullness or pain in the middle of the chest for more than two minutes

- * Spreading of pain to shoulders, neck or arms

- * Severe pain, dizziness, fainting, sweating, nausea or shortness of breath

The severity of the pain of heart attack varies with individuals. Some are so mild that you may think it is indigestion.

"Not all of these warning signs are always present," Crafton said, "and some may subside and then return." But if you

or someone around you suffers from any of these symptoms, get help immediately.

What do you do if someone around you experiences chest discomfort for more than two minutes? The first thing you should do is call the emergency rescue service in your area for help, Crafton said. You should not try to drive to the hospital yourself.

Second, be prepared for denial of a problem. It is natural for people to refuse to admit that they are having a heart attack.

Finally, if you are certified in CPR, be ready to administer

mouth-to-mouth breathing and chest compression, if needed.

"The best action to take in dealing with a heart attack is preventative," Crafton said. "Know the symptoms of a heart attack and how to recognize them."

Post emergency numbers near all the phones in your home. You can also decide on an appropriate hospital before a heart attack happens.

Finally, become trained and certified in perhaps the most important lifesaving instruction you can receive—CPR. These preventions could make the incidence of a heart attack a little less frightening and save someone's life.

For more information about heart attack risk and prevention or to schedule a group speaker on the topic, contact Hancock Medical Center at 467-9081.

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HEALTHNOTES

Contributed by
Hancock Medical Center

Lack of exercise and improper diet are two of the major risk factors for heart disease, yet almost half of all Americans never exercise and consume foods high in fat and calories.

Because it improves circulation, exercise gives the average person more strength and endurance, decreases tension, promotes relaxation and, along with the proper diet, helps control weight.

Geoff Kergosien, physical therapist at Hancock Medical Center, explained that working the heart just under the maximum heart rate level will ensure worthwhile workout.

"To determine the heart rate level at which you should work, just subtract your age from 220 and multiply by the percentage at which you want to work," Kergosien said.

Most doctors recommend working at 80 percent of your maximum heart rate, which means multiplying by .80.

"To actually measure the rate, you'd count the number of beats in 15 seconds and multiply by four," Kergosien said.

"If the rate is not as high as the number calculated, you're not working hard enough. If it is higher than the number calculated, you should slow your pace."

Aerobic exercise, which requires your heart and lungs to work at maximum capacity, is better than isometric activity, which requires resistance against fixed or heavy objects and elevates blood pressure.

Isometric exercise, such as weightlifting, can help strengthen muscles but should be ideally combined with aerobic activity.

"Depending on each person's general health, some activities may be better for that person than others," Kergosien said.

"If a person has not been exercising regularly, he must begin slowly and then gradually increase the activity. It is

important to follow a personalized fitness regime that is suited to individual health and fitness goals."

The foods you eat also play a major part in keeping your heart healthy. Consumption of saturated fats leads to high blood cholesterol levels and fatty deposits, which are direct causes of heart attacks.

"Often people are unaware of the amount of saturated fat in their food," said Jamie Rodenbaugh, consulting dietician with Hancock Medical Center. "Total fat intake of the average individual should be no more than 30 percent of total calories."

Rodenbaugh explained that saturated fats are those found in animal products such as meat, cheese and butter. Some vegetables are also a source for saturated fats, such as coconut butter and coconut oil.

Saturated fats are harmful to the heart because they raise cholesterol levels.

Monounsaturated fats, though having no effect on cholesterol levels, contain fat-dense calories. Olives, olive oil, peanuts, peanut oil, peanut butter, pecans, cashews, almonds and avocados are sources of this type of fat. They, too, should be limited in consumption.

Polyunsaturated fats should be substituted for saturated fats whenever possible. The difference in the two is that polyunsaturated fats are in liquid form at room temperature, whereas saturated fats are solid. Polyunsaturated fats should constitute 20 percent of daily calories and can be found in vegetable oils such as sunflower, soybean, corn and sesame.

When striving for a healthy heart, Rodenbaugh suggested a few "eat right" tips to keep in mind:

- * Use fat-free or low-fat dairy products

- * Choose lean meats (fish or

chicken) rather than beef and pork

- * Increase consumption of fresh fruits and vegetables

- * Moderate alcohol consumption

- * Remove skin from poultry and trim fat from meat

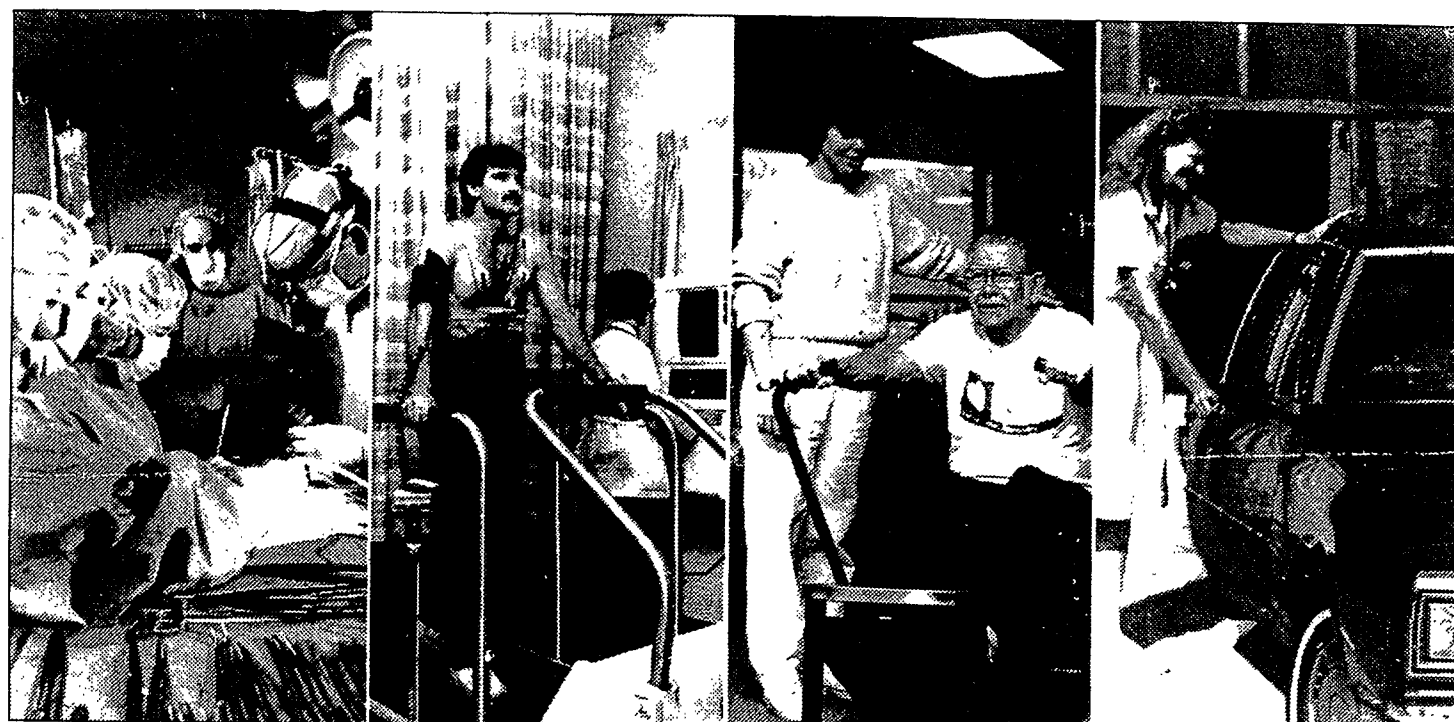
- * Use ground round or ground chuck in place of ground beef since they contain less fat

"Also, watching the amount of salt in your diet will help keep your heart healthy," Rodenbaugh said.

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Help Your Heart

Celebrate summer with heart-smart exercise

Summer's here and the fitness craze is back in full force. The longer days, warmer temperatures, and inevitability of bathing suits are bringing Americans, young and old, out of the house or office and into outdoor activities.

A regular exercise program is not only important for looking good and feeling fit, but exercise, even light physical activity such as gardening, can help reduce the risk of heart disease. In fact, people who avoid any physical activity run a 30 percent higher risk of coronary heart disease than more active people.

Before jumping right into an exercise program in the summer, however, it's important to consider a significant factor—the heat.

Summertime temperatures can be extreme in some parts of the country, but even in the cooler climates people need to take some extra time to get used to the change in seasons that

weather poses a risk for two serious conditions—heat exhaustion and heat stroke.

HEAT EXHAUSTION

Heat exhaustion occurs when the body becomes dehy-

drated and is unable to adequately cool itself. The symptoms for heat exhaustion include a body temperature that may be below normal, dizziness, headache, nausea and sometimes con-

fusion. These symptoms may precede collapse.

HEAT STROKE

Heat stroke occurs when the body is unable to cool itself resulting in dangerously high body temperatures. The symptoms for heat stroke, which is far more serious than heat exhaustion, are dizziness, headache, thirst, nausea and muscle cramps. The two most dangerous symptoms of heat stroke, however, are no sweating and a dangerously high body temperature.

Although neither heat exhaustion nor heat stroke are common, it is easy to take precautions against both.

Water is an important part of any exercise program, especially in warm weather. You should drink several cups of water before exercising and drink small quantities every 10-15 minutes during prolonged or vigorous exercise. Drink plenty of water after you exercise as well.

If you've eaten a meal, avoid strenuous exercise for at least two hours. If you exercise vigorously first, wait about 20 minutes before eating.

START SLOWLY

Give yourself time to acclimate to the demands of exercising in increased temperatures. Start exercising at an easier pace and build up your routine slowly over a week or two.

In all temperatures you should exercise at a comfortable pace that allows you to keep up a conversation. If you are not able to do this, or you don't feel normal again within 10 minutes after you stop exercising, you're pushing yourself too hard.

If you feel dizzy, nauseous, thirsty or if you develop a headache during exercise, stop, find a cooler place to sit down and drink some water. If any symptoms of heat stroke are present, seek medical care immediately.

Try exercising in the early morning or early evening when

temperatures are cooler. Chances are these are also the times of the day when you will have more time to enjoy your exercise and not be pushed by a clock.

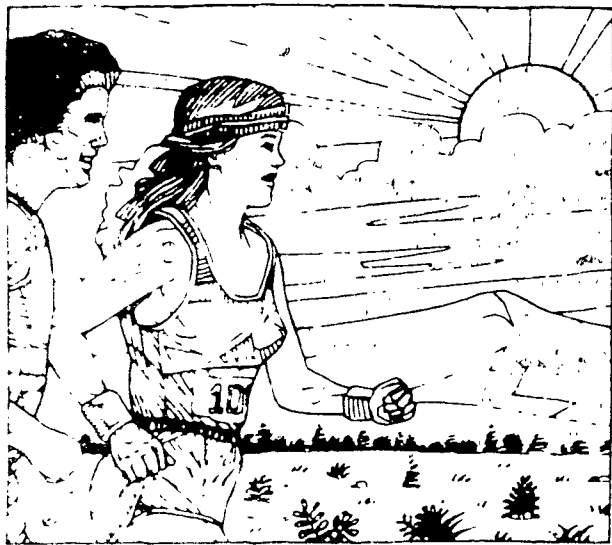
Remember, when exercising outdoors and rainy days aside at night, be aware of reduced visibility for you as well as for drivers. Wear bright or reflective clothing and be cautious.

COOL CLOTHING

Clothing for summer exercise should be light and loose-fitting. Avoid rubberized or plastic suits. Sweatshirts and sweatpants.

Heavy, non-breathable clothing will cause dangerously high body temperatures and increase the risk of heat exhaustion and heat stroke.

Exercise is a great way to get outside and enjoy the weather and the environment. Whether you are walking, jogging, biking or gardening, enjoy yourself! A good exercise program in the summer will lead to a healthy, active lifestyle year-round.



Aerobic exercise, weight loss assists in lowering blood pressure

Losing weight and taking regular aerobic exercise can help lower blood pressure, according to a study by the University of California, Berkeley.

Dr. Diane De Marco, executive director of the Institute.

According to the University of California, Berkeley, Wellness Letter, while heredity and lifestyle play a major role in whether or not someone is likely to get high blood pressure (also known as hypertension), there are steps that can be taken to

improve your risk. For some people, dietary and lifestyle changes may help prevent hypertension, or at least postpone it or reduce its severity," noted the Letter.

Exercise is cited as one of the primary lifestyle changes, because it's often accompanied by other healthful life-style changes, such as weight reduction and decreased sodium and alcohol consumption.

"Exercise strengthens the cardiovascular system and reduces the risk of heart disease. It can also help control diabetes, which is another risk factor for heart disease," said the Letter.

Controlling hypertension is important because 356 million Americans have high blood pressure, and it's a contributing factor in three-fourths of heart attacks and strokes.

Causes of Hypertension

Blood pressure can be raised in one or more of three ways, according to the Harvard Medical School Health Letter: the kidneys retain fluid and increase the volume of blood contained within the vessels; the arteries become constricted, thus increasing the resistance to flow; or the heart pumps blood more forcefully than usual.

Sometimes there's a specific reason for these changes, such as kidney disease, a hormonal abnormality, or atherosclerotic

plaque in an artery. However, most cases of hypertension don't have a specific, identifiable cause.

Because some medications for high blood pressure have unpleasant side effects, being able to lower the dosage, or eliminate the need for medication, is a real plus.

Exercise may help some people—especially those with borderline high blood pressure—to get off medication, according to Douglas A. Godfrey, MD, a Minneapolis internist. Regular aerobic exercise also helps people to lose weight, said Dr. Godfrey. "It also relieves a lot of stress, and stress is a frequent elevator of blood pressure," adds Dr. Godfrey.

"High blood pressure is something we should all be aware of because it affects men, women—even children—of all ages, races and social classes," said De Marco.

"Talk with your physician about how lifestyle changes—including regular aerobic exercise—can help you to avoid this potentially dangerous condition," she added.

For more information on the many benefits of regular aerobic exercise, or on getting started with your own personal program of exercise, call or write The National Exercise For Life Institute, Box 1, Chaska, MN 55318, 612/448-3094.

How to assess heart attack risk

Heart attack risk factors include high blood pressure, high cholesterol, smoking, and family history. The risk of a heart attack increases if you have two or more of these factors.

However, other factors such as stress, lack of exercise, and poor diet can also increase the risk of a heart attack. To guard against a heart attack and reduce the risk of heart disease, follow these four tips:

1. **Exercise regularly.** No matter how much you have to do, try to get at least 30 minutes of moderate exercise most days of the week.

2. **Control your blood pressure.** High blood pressure is a major risk factor for heart disease. Have your blood pressure checked regularly by a physician's office.

3. **Control your cholesterol.** High cholesterol can lead to heart disease. Have your cholesterol checked regularly by a physician's office.

4. **Quit smoking.** Smoking is a major risk factor for heart disease. Quitting now can greatly reduce your risk.

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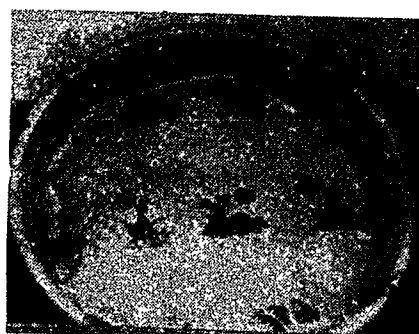
Disney
3 RING
POOLS

#59439

Reg. \$12.74

CLEARANCE

\$8.00



MOLDED
POOLS

CLEARANCE

•SMALL #GV212DM REG. \$6.97

\$5.00

•5 FT. CLEARANCE \$8.00 #GV242DM Reg. \$11.84

•HIGH SLIDE STYLE POOL 6 FT.

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CLEARANCE

\$25.00



SUN COOLER
WATER
LOUNGE

Size 91"x48", Style # 58871

Reg. \$19.97

\$13.00

CLEARANCE



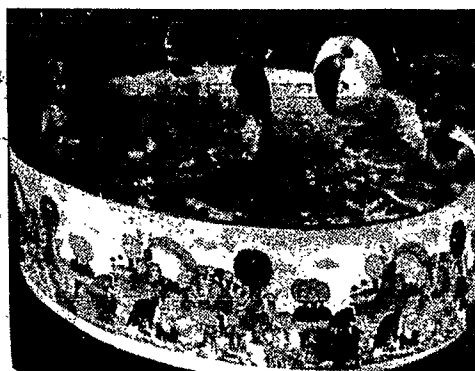
MICKEY/SNOOPY
SURFERS

#58132

Reg. \$11.96

CLEARANCE

\$8.00



SNAP
SET
POOL

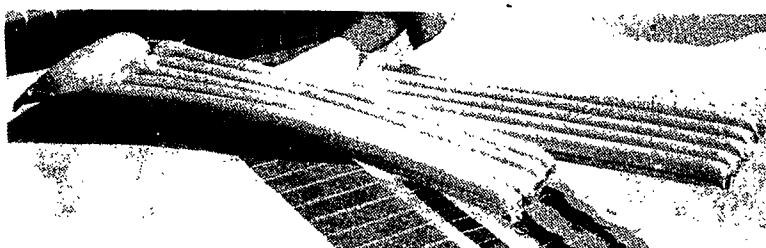
8x18

Style #58452

Reg. \$19.94

CLEARANCE

\$13.00



WET SET AIR MATT

72"x27", Style #59703

Reg. \$1.78

CLEARANCE

\$1.00



COKE POOL
FLOAT

#93324

Reg. \$10.96

CLEARANCE

\$7.00



AFLOAT
Vinyl Pool Float

#59439

Reg. \$47.97

CLEARANCE

\$29.00

SWIM AIDS



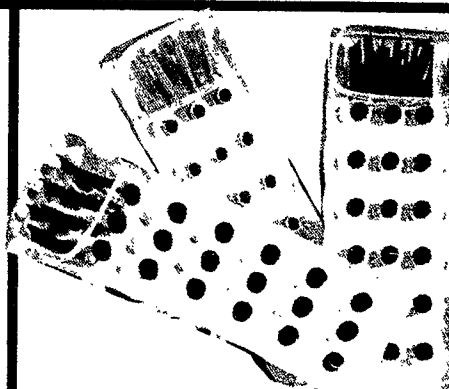
SWIM AIDS
(For Arms)

Style #59650

Reg. 97¢

CLEARANCE

48¢



FRENCH
STYLE
AIR
MATTRESS

Assorted Colors, #AC354

Reg. \$10.96

CLEARANCE

\$7.00



AQUA
LOUNGE

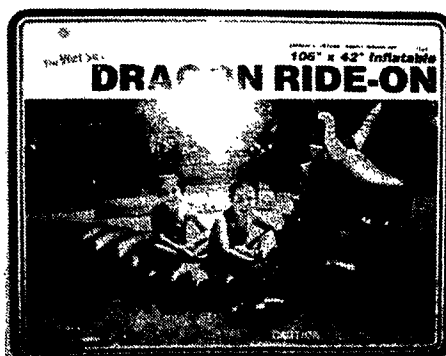
36"x66"

Stock #AC329

Reg. \$16.93

CLEARANCE

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DRAGON
RIDE ON

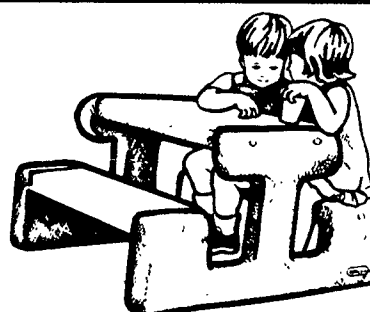
106"x42"

#58579

Reg. \$14.96

CLEARANCE

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#4101

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ASRM

Continued from Page 3A

"The release of micro-particulate aluminum oxides into our atmosphere is potentially dangerous. Research increasingly implicates lifetime accumulation of ingested or inhaled aluminum as a component cause of Alzheimer's disease. I would consign aluminum fuel to the surface of the moon and forbid earth use," Albert Sattin, M.D. associate professor of psychiatry and neurobiology, Richard L. Roubesh V.A. and Indiana University Medical Centers, said in a recent issue of *Popular Science* magazine.

"Considering the potential hazards, it behooves society to do everything humanly possible to reduce the burden of aluminum. Use of aluminum fuel is a technological development that should be nipped in the bud," Sattin said in a recent telephone interview.

"No one has ever shown that aluminum has done any good in a biological system," Sattin added.

ALUMINUM POISONS PLANTS

Aluminum's direct physical effects on humans are not the only problems associated with adding aluminum to the environment. Certain levels of aluminum also are detrimental to forests and crops.

Aluminum is one of the most abundant elements on earth's surface, but most of it exists in chemical compounds that make it unavailable to plants. When it does become available it can have disastrous effects.

"One major effect of an increasingly acidic rainfall is the increased availability of aluminum in the soil. One of the major factors in the decline of European forests has been the acidic soil's availability of aluminum," said Dr. Donald Marx, director, U.S. Forest Service, Institute for Mycorrhizal Research and Development in Atlanta.

When high levels of aluminum exist in soil that has comparatively little calcium, it is toxic to plants.

During a recent U.S. Forest Service acid rain study, on which Marx collaborated, indicate that soils at Stennis

have approximately five times as much aluminum as calcium. The data indicate soils at the test site are very acidic, a condition that is prevalent throughout Hancock County according to soil survey maps.

Both Cronan and Marx said the high aluminum levels in south Mississippi's soils are widely known among soil scientists.

Adding additional aluminum and acidity to Hancock County's soils "in all likelihood" would have adverse effects on forests, Marx said.

Marx also expressed concern that under the extreme heat of the firings the aluminum oxide and hydrogen chloride will combine, forming aluminum chloride, a substance that is violently reactive with water and extremely available to plants.

When questioned what aluminum chloride does in the environment, Marx said, "Nothing good."

"I think it is very important that we know exactly what will happen, not only with the soil but with everything in it," Marx said.

Cronan said he sees the tests as a serious environmental hazard.

"I would be inclined to look for a terrain where it could not possibly damage such a valuable forest resource," he said.

International Paper Company is the largest owner of buffer zone property, with 30,000 acres. When contacted for a comment on the possible threat to its timber crop, spokesman Walter Dennis said the company had not been made aware of the tests or any potential problems.

CRITICAL HABITAT

Wetlands, critical habitat for vast numbers of wildlife and plants have been and continue to be destroyed at such an alarming rate, prompting President Bush to recently mandate that no more will be lost.

The EIS states that wetlands may be present within the ASRM site at SSC but, also that a biological survey of the site conducted by Mississippi State

University Research Center found no wetlands.

Dwight Bradshaw, Senior Research Biologist at Mississippi State University Research Center at SSC, the person who performed the field work for the survey, however, said at least 25 percent of the site is wetlands, but that wetlands mapping and inventory was not included in their contract.

According to Bradshaw, NASA was told about the wetlands before a draft EIS was issued in 1988.

"When the wetlands were not included in the draft we (Bradshaw and the study's principal investigator, Dr. Robert Esher)

demand a change be made in the EIS. The final still does not admit that at least 25 percent of the site is wetlands; it says we didn't find any," Bradshaw said.

According to McCaleb, a wetlands evaluation has been made by the U.S. Corps of Engineers and that 90 percent of the site has been determined to be wetlands, based on new criteria governing the determination of what constitutes the important habitat.

"We are working with EPA and the Bureau of Pollution Control to develop a mitigation plan," McCaleb said.

Mitigation is to include posi-

tioning of the test facility so impact to wetlands is minimized. Also, the test stand will be drained in a manner to keep contamination out of the wetlands, including two small streams that flow through the site into Jourdan River, McCaleb said.

When asked whether mitigation could prevent wetlands damage due to aluminum and hydrogen chloride fallout, McCaleb said the state-of-the-art meteorological station would monitor weather conditions to establish an envelope of time within which the tests can be conducted with maximum dispersion.

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New driver's test set for operators of certain vehicles

MISSISSIPPI drive a vehicle that weighs more than 2,000 pounds, carries more than 10 passengers, or transports hazardous materials will be required to pass a new driver's test between Jan. 1, 1990 and Apr. 1, 1992.

"A vehicle involving trucks, buses and vehicles carrying hazardous materials are twice as likely to involve fatalities or serious injuries as other motor vehicles," said Capt. Bill E. Smith, director of the Field Operations Division of the Mississippi Highway Patrol's Driver Training Bureau.

"To improve highway safety, reduce fatalities and get problems off the roads, Mississippi will soon begin using new licensing tests for commercial drivers," Ford said.

The Commercial Motor Vehicle Safety Act of 1986 (CMVSA) was passed by the U.S. Congress to assure the motoring public that commercial drivers of large trucks and buses have the minimum skills necessary to operate safely on our nation's highways.

The law requires anyone who operates or intends to operate a commercial motor vehicle on the public highways that has a Gross Vehicle Weight Rating (GVWR) of 26,001 or more pounds, or is designed to transport 16 or more persons; or is used to haul hazardous materials (placarded) regardless of the vehicle size, pass a knowledge test and demonstrate his driving skills in a vehicle that is representative of the vehicle the individual intends to operate.

"Mississippi, along with all states, was required to pass necessary laws to comply with the CMVSA. Failure to comply with the regulations would have resulted in a substantial loss of Federal Highway Construction Funds to each state," Ford said.

One of the strongest aspects of this new law is the requirement that addresses the Blood Alcohol Content (BAC) of a commercial motor vehicle operator. Anyone who is convicted of

operating a commercial motor vehicle with a BAC of .04 or more will lose his commercial driving privileges for one year for the first offense.

A second offense will result in the operator's commercial driving privileges being revoked for life. If a driver's BAC concentration is less than .04 percent, but some detectable amount of alcohol is present, he will be put out of service for 24 hours.

A driver will lose his commercial driver's license (CDL) for at least one year for a first offense:

—if the driver operates a commercial motor vehicle (CMV) under the influence of a controlled substance;

—if a driver of a CMV leaves the scene of an accident; or

—if a driver uses a CMV to commit a felony. If the offense occurs while the driver is operating a CMV that is placarded for hazardous materials, he will lose his CDL for at least three years.

There are several other offenses which will result in a driver losing his CDL for varying lengths of time. They are:

—A driver will lose his CDL for life if he commits a second offense. A driver will also lose his CDL for life, if he uses a CMV to commit a felony involving controlled substances.

—A driver will lose his CDL for at least 60 days if he commits two serious traffic violations.

—A driver will lose his CDL for at least 120 days if he commits three serious traffic violations within a three-year period.

"Serious traffic violations" may be defined as excessive speeding (15 mph over posted limit), reckless driving, and traffic offenses committed in a CMV in connection with fatal traffic accidents.

The commercial driver's license law will go into effect Jan. 1, 1990 in Mississippi. The Department of Public Safety expects to begin an extensive retesting program of CDL holders on this date.

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SPORTS

THE SEA COAST ECHO—THURSDAY, JULY 27, 1989-1B

SECTION B



Time Out

By Dena Bisnette

Summer sports are winding up post-season play, for the most part, and we are looking forward to fall football practice and, shortly following, basketball.

This area has done well this summer, with a number of teams advancing to state tournaments, ranging from little girls to Babe Ruth baseball and even an adult ladies' softball team.

I hope we are as successful this fall as we have been this summer.

Charles Hawkins of Waveland, who already holds a number of bodybuilding titles, will defend his "Mr. Mississippi" title in the light heavyweight open division this weekend in Jackson.

Hawkins said he hopes to be able to win again this year despite a broken left foot and is planning to have the cast temporarily removed for the competition.

The local bodybuilder is well-known in this area, particularly for his anti-drug abuse work with young people, and we wish him luck.

Lis Lagarde, pro at Tennis World in Diamondhead, has announced the winners of this week's mixed doubles tournament: Gladys Stevenson of Long Beach and Elisabeth Watts of Bay St. Louis.

Two tournaments were supposed to be played, but Sunday's competition got rained out.

College football schedules and season ticket information is rolling in as training begins. A good example is the Pearl River Community College Wildcats, who report to camp Aug. 10.

We have a number of boys who played for local high schools on Pearl River's team every year and know there are a lot of fans here who will want to attend the season's five home games. About 200 season tickets in the 50-yard line section are available from members of the Wildcat Club.

The next Gulf Coast stop on what I jokingly refer to as the "Annual Pre-season Alumni Lecture Tour" is one tonight by Auburn University Defensive Coordinator Wayne Hall at an Auburn Club meeting tonight at Holiday Inn Airport in Gulfport.

I know a number of similar programs for most of the nearby schools will be coming up in the next few weeks and can print the announcements of them in *Time Out* if you'll give me a call at 467-5474.

I kid about it, but the people who attend these meetings appreciate it when a coach takes time out from his busy pre-season schedule.

A sports medicine seminar on athletic taping techniques will be presented Thursday, Aug. 3, by Gulf Coast Orthopaedics, Gulf Coast Physical Therapy and Garden Park Community Hospital.

The seminar begins at 6:30 p.m. in the hospital's physical therapy department and Tim Haller or Sidney Scarborough of Gulf Coast Physical Therapy, 864-1212, have more information.

In my opinion, this seminar is likely to be well worth the \$5 fee for materials. Proper taping has saved many an athlete from serious injury and has kept many others from aggravating existing problems.

Coming up this weekend at the Bay-Waveland Yacht Club are, with weather permitting of course, Junior Lipton eliminations. The best of the participants will go on to represent the club as skippers in the Junior Lipton, set for the second weekend in August.

One of the yacht club members told me the young people will probably get started at about 10 a.m., for anyone who would like a view of the bay with the boats on it.

Congratulations to the members of the local 11-12 girls' softball all-stars, who finished second in the state this past weekend at Wiggins, and to their coach and manager, Lynn Faye and Anthony Summers.

WCCL-TV 49 in New Orleans will be televising NCAA National Champions Notre Dame this season and the Lou Holtz show. The games will be shown at 11 p.m. Saturday nights, except for the Navy game Nov. 4 and Southern Methodist Nov. 11, which will be aired live.

The annual North-South Coca-Cola All Star Basketball games will be Saturday at the Mississippi Coliseum in Jackson. The girls play first, beginning at 1 p.m., with the boys' game immediately following.

I didn't spot any local names on either roster, but there are a few of the Gulf Coast's brightest high school hoop stars.

Local girls to sail in Europe

BY DENA BISNETTE
Two local youngsters, Mallory Mestayer and Caroline Weems, will leave today for Nynashann, Sweden, to sail in the Seventh European Optimist Sailing Championship July 31-Aug. 5.

The girls are both members of the Bay-Waveland Yacht Club and qualified for the European race during the Memorial Day Regatta in St. Petersburg, Fla.

The two will compete against 64 girls representing 24 countries. Mestayer and Weems are two of the three U.S. girls going to the championships.

Mestayer has been to Sweden before, having participated in a youth exchange program last summer, but Weems, who is her cousin, has never been outside the U.S.

Both say they are looking forward to the trip and to some tough competition.

Although they have been sailing optimists together since they were both about eight years old, the youngsters have never before sailed in a competition which separates boys from girls.

"I don't like that at all," Mestayer said, "but there's nothing I can do about it."

"But everybody gets to sail the whole thing," she added, explaining that competitors are not eliminated after a few races as they would be in some contests.

The championships will be sailed on the Baltic Sea and the girls will stay together in a dormitory during the 10 days they are in Sweden.

Mestayer's parents are Dr. Richard Mestayer III and Marylyn Mestayer of Bay St. Louis.

Weems' parents are Susan Peterson and Wayne Peterson of Pass Christian.



Caroline Weems and Mallory Mestayer

Four junior BWYC sailors to compete in Northeast

BY DENA BISNETTE
Four Bay-Waveland Yacht Club junior sailors will travel to

Stamford, Conn., for the Long Island Sound Optimist Championships.

Sanders Kane and Alan Uram will compete first, in the 15-and-under division at

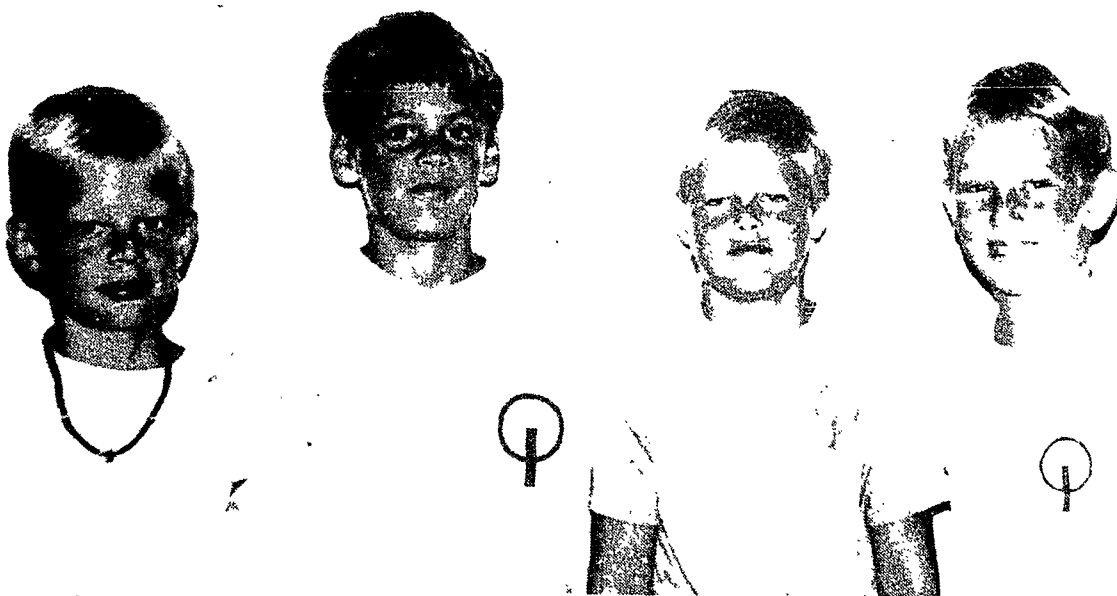
Stamford.

After competing in Stamford Saturday and Sunday, the two will be joined by Chad Renken and Scott Renken to go to Newport, R.I., and compete in the United States National Championship, a qualifying regatta for both the United States World Team and the Canadian World Team.

The Newport event begins Monday and continues through Aug. 5.

All four of the boys range in age from nine to 11 and have been sailing optimist, a small, single-occupant type of sailboat, for the past four or five years.

Members of the team are also scheduled to compete in the North American Championship, another qualify regatta being staged in Marblehead, Mass., Aug. 6-9.



Chad Renken, Sanders Kane, Scott Renken and Alan Uram

Waveland bicyclist successfully completes Natchez Classic races

BY DENA BISNETTE
Guy Norton of Waveland, a member of Cycles Plus Bicycle Club, has completed the Natchez Bicycle Classic.

Norton said he does not know exactly what his finishing time was in the event, because his major goal was completion. He has entered similar races in the past but has been unable to complete due to mechanical problems and other circumstances.

The Classic is a three-day event called a stage race because it incorporates all four of the basic types of bicycle races. Norton competed in a time trial on Friday, a long distance road race and a criterium race on Saturday and a circuit race on Sunday.

Norton, who works as a physicist at NORDA and is completing post-graduate studies at Tulane University, said he took up bicycling comparatively recently, considering that he had been a runner for 10 years. When he was diagnosed with a medical problem which prohibited the intensive, regular training needed for running, he switched to bicycling.

In the time trials, he competed against the clock, not other bicyclists, and registered a 9:18 time for the four-mile distance. He had to ride a second time trial Sunday morning after rain at the very end of his Friday morning trial. A tailwind which had helped him in the first one turned into a headwind, and his second time was

slower at 9:39.

The road race consisted of a 22-mile loop along the Natchez Trace, beginning at Lagonia and The Cedars plantations. The winning time in Norton's division, the veteran's 35, was 1:46:44; Norton finished the race in 1:46:56.

Norton has competed in criterium races before. According to his wife, who served him as a race observer, there were eight corners in the Natchez course, which covered 20 miles in 25 trips over the course.

The circuit race was a longer version of a criterium with 15 laps over rougher course conditions, partially due to a last-change in the course.

The race attracted about 300 cyclists from more than a dozen

states.

Norton said he found being able to finish such a long race encouraging and plans to continue competing.



GUY NORTON

Ducks Unlimited memorial fund established

National Ducks Unlimited has established a memorial fund for donations to wildlife conservation.

Through the fund, a person may make memorial donations in honor, or in memory, of a friend or relative. A card will be mailed to the surviving family informing them that a donation

has been made in memory of the deceased.

When multiple donations are made in the name of one individual, a record is kept of the amounts and if the total of donations reaches \$200 or more, a one-time memorial sponsorship is established.

Memorial sponsorships are

listed in Ducks Unlimited annual report for the year of donation. A sponsor pin and certificate are forwarded to the family.

For additional information, contact John Weeks, chairman, Ducks Unlimited Memorial Fund, P. O. Box 1819, Jackson, MS 39215-1819.



IN TOP FORM—Bay Senior High School cheerleaders recently attended cheerleading camp at Mississippi Gulf Coast Community College, Perkinston campus. Pictured bottom from left are Kelly Oliver, Tamera Labat, captain; and Tyler Austin; middle row, Heather Austin, co-captain,

Kristen Reynolds, Miranda Smith, Karyn Foster, Jannell Bufkin and Stacey James; standing, Kathy Carpenter. Not pictured are Maliaca Strom and Lorraine Fontenot. Theresa Peterson is cheerleader sponsor. (Echo staff photo by Ellis Cuevas)

New live-bait ordinance approved by Wildlife, Fisheries Commission

The state Commission on Wildlife, Fisheries and Parks have passed an intent to adopt a live-bait ordinance that should please live-bait shrimpers and resource managers alike.

The commission unanimously passed the intent to adopt the ordinance. There will be a 30-day review period during which the public may comment on the new ordinance. Adoption of the ordinance is expected at the group's August meeting.

The commission also approved a legislative package that will be presented next year aimed at regulating the live-bait industry.

The new ordinance and legislative package were formed in a series of workshops and public hearings, coordinated by the Bureau of Marine Resources. Representatives of the live-bait industry, biologists and law enforcement officers participated in the workshops.

When adopted, the new ordi-

nance will close the half-mile area along the Coast to commercial and recreational shrimping. The area will be opened to live baiting.

Chris Snyder, BMR public relations specialist who coordinated the workshops, said the permanent closure will protect the area as a staging zone for young shrimp.

Under the present ordinance, the half-mile area that runs from the beach to a line about one-half mile into the Sound may be opened or closed by vote of the commission.

Other significant provisions in the ordinance include:

—The upper bays will be opened and closed by order of the MDWFP deputy director in charge of coastal resources according to set criteria based on the size and availability of shrimp in the bays.

Now the bays may be opened and closed by vote of the

commission.

—Increase the dead bait limit for live-bait fishermen from 20 pounds to 30 pounds.

Live-baiters say it is hard to keep shrimp alive under certain weather and sea conditions. The increased limit, baiters said, will allow them to catch enough shrimp to keep their businesses operating and keep them from violating and dead-bait limit.

—Limit to one the number of catcher boats for each camp. Now live-bait camps are allowed to have up to three catcher boats. Live-baiters said that limiting the number of boats will minimize the incidents of live-baiters selling shrimp for human consumption.

The new ordinance will allow a live baiter to appeal to the commission for permission to have more than one catcher boat.

—The ordinance also will give the commission the authority to revoke the live-bait license for any live-bait dealer who violated the live-bait ordinance.

The commission may revoke a license for up to two weeks for conviction of the first violation, for six months on the second violation and one year upon conviction of the third violation.

Live-bait dealer Gunner Gensert of Biloxi said that while the new ordinance will be more restrictive on live baiters, "It's still the best thing I've seen in a long time."

"All the refining that the workshops did turned out a finer ordinance than we're presently operating under," Gensert said. "It is stricter on being able to obtain a license. The new ordinance is designed so that offenders can be properly prosecuted."

In the legislative package, the commission is seeking to have a \$1,000 cash bond submitted by any live-bait dealer convicted of a violation before a revoked license may be reissued.

SPORTS SHORT

AUBURN CLUB

The Gulf Coast Auburn Club will meet Thursday, July 27 at the Holiday Inn Airport, Highway 49 and I-10 in Gulfport. Guest speakers will be Auburn Tiger Football Defensive Coordinator Wayne Hall and Auburn Alumni Associate Director Christi S. Hall.

A 1988 football highlight film will be shown and door prizes will be awarded. Proceeds from chances on a pair of football tickets will be donated to the Gulf Coast Scholarship Fund.

For more information, call Lanny Bradford, 255-9883 or 832-8133.

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ON FAMILY NIGHT AUGUST 4th, 1989!**

Diamondhead Boaters Association

Special to the Echo

By Bud Barnes and Eddie Lockamy

About half of our boaters literally went to the dogs on Saturday, July 15 and enjoyed it.

Sadly organized by Missy and Don Marshall, 65 folks responded to the allure of the Greyhound Races in Mobile with our objectives: spend little and win big.

As expected however, some won a little, some lost a little, and perhaps some others lost more than they were willing to admit. All were big winners in one way—they had an excellent outing and look forward to going again.

Most traveled by chartered bus (no, not a Greyhound), but an overflow crowd of about a dozen went by private vehicles. Most seemed pleased with the dinner served at their tables in the grandstand and with the service as well as with the convivial atmosphere—always a trait of Boaters Association gatherings.

This festive tradition will continue with the annual Water Carnival scheduled for Saturday, Aug. 12 for which Mike Doherty is the grand marshal.

Starting at 1 p.m. from the Diamondhead Marina, a fleet of participating boaters will cruise to the Bay of St. Louis for a variety of water games and races. Refreshments will be served at the marina later in the day. Boaters should watch for the forthcoming announcement and make plans accordingly.

C.D. Taylor, M.D. is proud to announce the association of Stephen P. Johns, M.D.

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The Sea Coast Echo
467-5473 or 467-5474



SUMMER TR
include, front
Melissa Albe,
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Estrade, and
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SC, camp dire
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Girls take

BY DENA
The local 12-year-old All team has won the state to Wiggins.

The girls lost 20-12, dropping double-elimination. Judy Summers, president. Their only other ing the tournam the hands of Stor ing the first gam

PRC sea tickets

Football seasale this week College.

The \$60 ticket admission to Wildcats' home as reserved p holding season t have reserved se installed chair-b the 50-yard line

The Wildcat Cletic booster o selling the 200 those wishing to ets may conta member.

Diamond lists to

Even I
Cardinal Cou
Glenn Landry
No. 7.

Champions!
Bonnie Rolfs,
Smith, second; F
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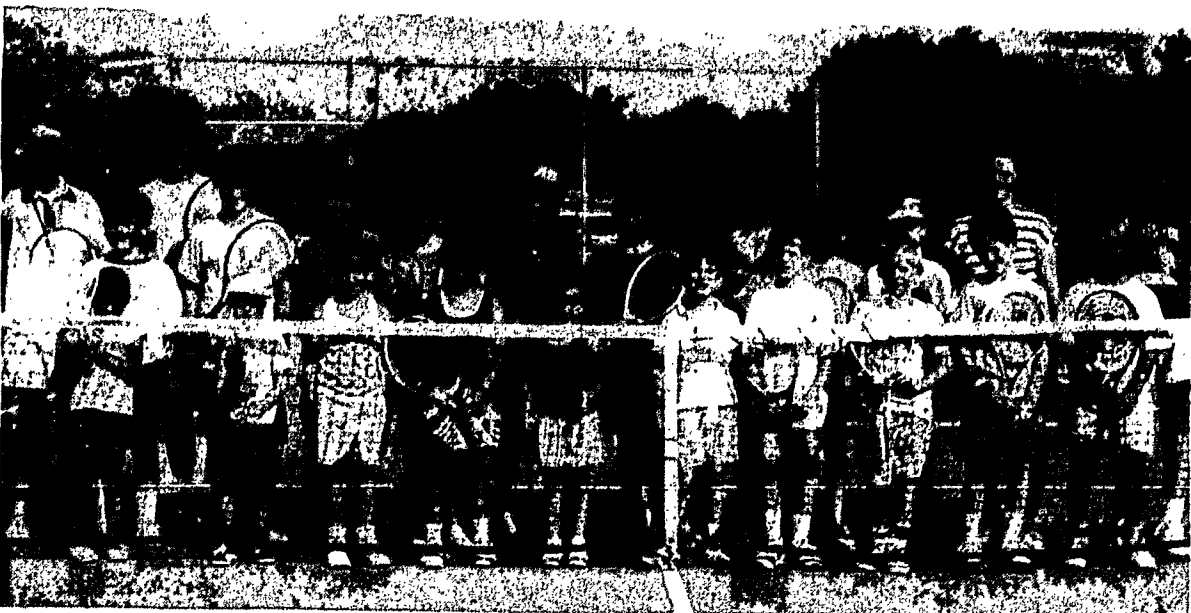
Third F
Thelma Hopki
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GU



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Speedometer
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tube assembly & 20

COILS



SUMMER TENNIS CAMP participants include, front row from left, Melissa Estapa, Melissa Albe, Whitney Allison, Tammy Estapa, Natalie Fields, Todd Geary, Kevin Estrade, Jody Richardson, Christopher Estrade, and Brandon Everett; and back row from left, Brother Pascal Ackerman, SC, camp director and instructor; Jeremy Braud, Charles Merrigan, assistant instruc-

tor; Sean Ziegler, Dennis Knight, Melissa Knight, Cory Gex, Danielle Bourgeois, Jason Braud, Robbie Welz, Christian Marione, Mrs. Susan Estrade, assistant instructor; and Martin Braud, assistant instructor. The camp was sponsored by Parks and Playgrounds at St. Stanislaus courts.

Girls' softball all-stars take State second place

BY DENA BISNETTE

The local Girls' 11 and 12-year-old All-Star softball team has won second place in the state tournament at Wiggins.

The girls lost to Stone County 20-12, dropping out of the double-elimination event, said Judy Summers, softball league president.

Their only other defeat during the tournament was also at the hands of Stone County, during the first game of the competi-

tion. As a result, the all-stars had to fight their way back through the losers' bracket in order to face Stone again.

Summers said the last game was a good team effort despite the loss.

"They really played their hearts out," she said.

The All-stars, made up of the best players of the six teams in the girls' softball league, was awarded a two-and-a-half-foot trophy for second place.



TROPHY WINNERS from the Parks and Playgrounds Summer Tennis Camp, conducted at the St. Stanislaus Tennis Courts, include, from left, Tammy Estapa, girls under 10 champ; Cory Gex, boys over 10 champ; Christopher Estrade boys under 10 champ; Kevin Estrade, boys under 10 champ; and Jody Richardson, boys under 10 second place. Not pictured is Danielle Bourgeois, girls over 10 champ.

PRC season tickets on sale

Football season tickets go on sale this week for Pearl River College.

The \$60 tickets will include the admission to all five of the Wildcats' home games, as well as reserved parking. Those holding season tickets will also have reserved seating in newly installed chair-backed seats on the 50-yard line.

The Wildcat Club, PRC's athletic booster organization, is selling the 200 tickets, and those wishing to purchase tickets may contact any club member.

Diamondhead Women's Golf lists tournament results

Even Holes
Cardinal Course, July 20
Gloria Landry, closest to Pin No. 7.

Championship Flight
Bonnie Rolfs, first; Sylvia Smith, second; Flo Holt, third; Lee Arnold, fourth.

First Flight
Barbara Green, first; Eva Bond, second; Kathy Crouch, third; Corrinne Ladner, fourth.

Second Flight
Marge Edwards, first; Margaret Hill, second; Doris Willson, third; Carolyn Koerner, fourth.

Third Flight
Thelma Hopkins, first; Seabelle Simino, second; Retha Vincent, third; Marge Bybee,

fourth.

Fourth Flight
Charlie Galvin, first; Susan Chapman, second; Patty Price, third; Lana Howard, fourth.

Driskell named new MUW coach

Lavon Driskell, who has earned recognition for his coaching and teaching abilities, will become Mississippi University for Women's new head basketball coach, pending approval by the Board of Trustees of State Institutions of Higher Learning.



Party with Gayle, Michelle and Santa's helpers every day in July on Hwy. 90 (next to Circle K) Phone 452-4043 for reservations.

GCRC, Pizza Hut sponsoring first Summer Beach Run

BY DENA BISNETTE
Gulf Coast Running Club and Pizza Hut are sponsoring their first annual Summer Beach Run Saturday, Aug. 5.

Starting time is 8 a.m. with late registration from 7 a.m. to 7:45. The event includes a 5-K race and one-mile health run/walk.

The run begins next to the Highway 90 Shoney's in Biloxi and the course is entirely along the highway.

Fees for the 5-K are \$8 for member and \$9 for nonmembers whose entries are postmarked by Aug. 1.

Fees on race day are \$10 per runner, except for children 12 and under in the one-mile event, whose fee is \$5. Anyone wishing to register early should mail checks and registration information to Gulf Coast Running club, P.O. Box 3504, Gulfport, MS 39505.

On Friday, at 7 p.m. at the Biloxi Beach Motor Inn on US-90, there will be a pre-race social and seminar with complimentary pizza and drinks. The hotel is offering special rates for runners who want overnight accommodations.

A post-race social on the beach near the race site is also planned, with music, food, volleyball and swimming to be included.

Awards will include trophies for first, second and third overall male and female, first Masters male and female and first

Grand Masters male and female. All finishers in the 5-K will receive medallions and all finishers in the one-mile will receive ribbons. In addition, T-

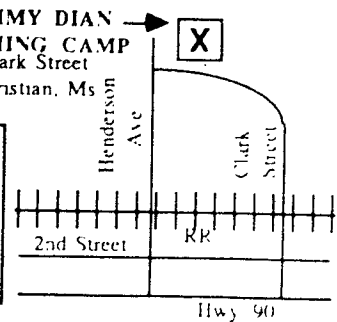
shirts for all entrants are included in the registration fee. For more information, call Lindo Sullivan at 832-6071 or Amanda Nickel at 864-6954.

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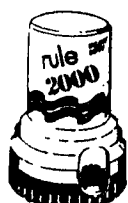
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DieHard 500 finishes among most exciting in motorsports

In determining the most exciting moment in motorsports, there are those who believe the start of a race at Talladega Superspeedway is the most exciting. The majority of fans, however, would pick the finish of a DieHard 500 at Talladega, especially in the 1980's.

They have a heck of a case. For the nine races (1980 through 1988), the total combined margins of victory have been less than three and a half seconds.

And the DieHard 500 next Sunday, July 30, is expected to be more of the same.

Neil Bonnett got things started by winning the 1980 DieHard 500 by one car length over Cale Yarborough. Last year Ken Schrader edged Geoff Bodine, also by one car length.

At a speed of 190 miles per hour, a Winston Cup car travels 17 feet (the approximate length of a stock car) in about six 100ths of a second.

Using .06 seconds as an average lap time for a car length, the finishes of the nine DieHard 500's in the 1980's have a cumulative margin of victory of 3.08 seconds.

That is pretty unbelievable when you think about it," said Winston 500 winner Davey Allison. "But then you have to remember where you are. As unpredictable as Talladega is, you can count on one thing, and that is there's going to be a bunch of cars there at the end."

Ironically, what most observers feel is the most competitive race of the decade, the 1984 DieHard 500, produced the largest margin of victory.

After being fourth at the white flag, Dale Earnhardt pulled away from a pack of nine other cars in the final 1,000 yards to win by 1.66 seconds.

As one reporter wrote in his post-race story, "When Earnhardt waved to the crowd going through the trioval, it was the only time all day a driver in the lead pack could have put his hand out the window without poking another driver in the eye."

The closest finish of the bunch was the legendary 1981

race when Ron Bouchard passed both Darrell Waltrip and Terry Labonte in the last 500 yards to win by one foot. The margin was so close it did not register on the timing device.

In 1983, Earnhardt beat Wal-

trip by half a car length in another eyelash ending. Four races have been decided by a car length, Bill Elliott won by nearly three car lengths in 1987, and Yarborough outran Bonnett by one full second in 1985.

No one has been able to cor-

ner the market on close finishes, however. Earnhardt is the only driver to win twice, and a dozen different drivers finished first or second during that span.

"I've won one of those (1980) and lost one (second in 1985),

and been in the middle of a couple of others," said Neil Bonnett. "If I wasn't driving, I'd buy a ticket just to watch the last lap at Talladega."

Tickets for the July 30 DieHard 500 and the ARCA 500K on Saturday, July 29, are now on sale at the speedway ticket office. Ticket information may be obtained by calling the ticket office at 205/362-9064.

Diamondhead Swim Team takes 16 firsts in Gulfport

The Diamondhead Swim Team, under the direction of Lennie Ray, participated in a swim meet on Tuesday, July 18 against the Gulfport Yacht Club.

The next meet will be the League Championship meet at the Biloxi Natatorium on Aug. 3, 4, and 5.

First Place	Age	Distance	Stroke
Tres Prats	15-18	50	fly
Jenny Boudreaux	8U	25	fly
Tres Prats	15-18	50	back
Cedric Tasselin	11-12	50	back
Amanda Acker	11-12	50	fly
Madelyn Boudreaux	10U	25	back
Tres Prats	15-18	50	free
Erin Prats	15-18	50	free
Madelyn Boudreaux	10U	25	free
Heather Wakefield	15-18	50	fly
Heather Wakefield	15-18	50	back
Mea Bordes	10U	25	fly
Tres Prats	15-18	50	breast
Amanda Acker	13-14	50	free
Cedric Tasselin	11-12	50	free
Amanda Acker	13-14	50	free
Second Place	Age	Distance	Stroke
Amanda Acker	11-12	50	breast
Greg Altse	15-18	50	back
Jenny Boudreaux	8U	25	back
Greg Altse	15-18	50	free
Sheryl Tasselin	8U	25	free
Jordan Bordes	8U	25	free
Mea Bordes	10U	25	free
Greg Altse	15-18	50	breast
Jenny Boudreaux	8U	25	free
Madelyn Boudreaux	10U	25	fly
Heath Wakefield	15-18	50	breast
Third Place	Age	Distance	Stroke
Sheryl Tasselin	8U	25	fly
Michele Clark	11-12	50	back
Heather Wakefield	15-18	50	free
Jake Bordes	6U	25	free
Mea Bordes	9-10	50	back

ON ETV

CRANE MIGRATION

"The National Audubon Society Special," "Crane River" at 7 p.m., Sunday, July 30, on Mississippi ETV, describes the bird migration and how man-made changes in the Platte may destroy the river for both the birds and man.

Leonard Nimoy serves as narrator of "Crane River." The program will be rebroadcast at 1:30 p.m., Monday, July 31.

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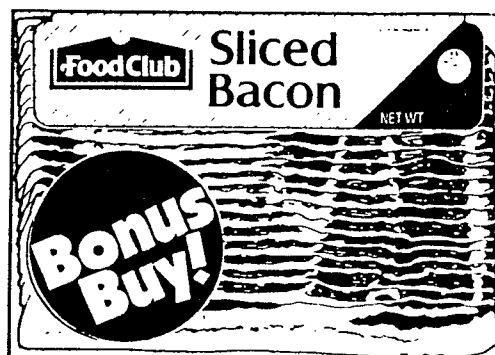
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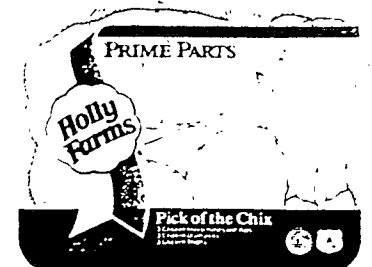
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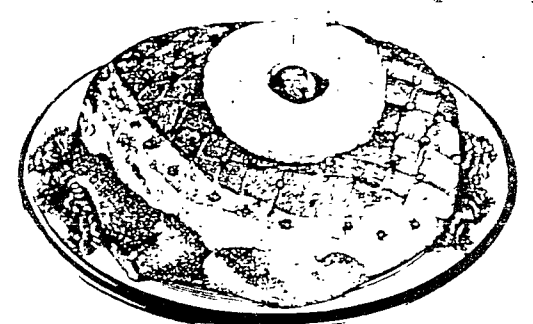
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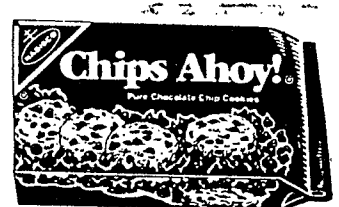
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CHIPS AHOY

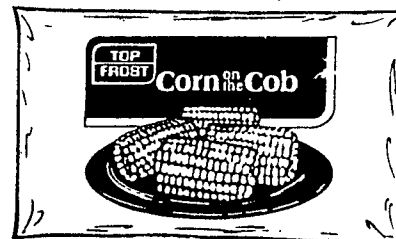
Nabisco 18 Oz. Reg. or Chewy; 15½ Oz. Striped



219
Each

CORN ON THE COB

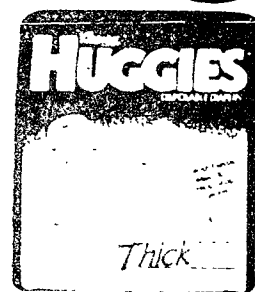
Top Frost 8 Mini Ears



149

HUGGIES

Kleenex Diapers - 28-60 Ct.



1113
Each

MEATS

PORK STEAK Fresh	179
PORK CHOPS Center Cut Bnls. "America's Cut"	399
SMOKED SAUSAGE Armour Riverside 3-Lb. Bag Family Pack	349
SMOKED SAUSAGE Bryan 1-Lb. Mild Smoky Hollow	229
HOT DOGS Food Club 12 Oz.	98¢
CHICKEN FRANKS Grillmaster 1-Lb. Pkg.	79¢
CHICKEN NIBBLERS On-Cor Family Pack	199
PORK SAUSAGE Jimmy Dean 1-Lb. Roll Mild	199
SMOKED HAM Bryan Classic Boneless (Water Added)	239
SMOKED PORK CHOPS Bryan Bnls.	589

FROZEN FOOD

BUTTER PEAS McKenzie 16 Oz.	116
POUND CAKE Sara Lee 10½ Oz.	167
FISH FILLETS Gorton's Crunchy 12 Oz.	213
FISH FILLETS Gorton's Crunchy 20 Oz.	307
MEAT PIES Top Frost 8 Oz. Chicken	53¢
MEAT PIES Top Frost 8 Oz. Beef	53¢
MEAT PIES Top Frost 8 Oz. Turkey	53¢

GROCERY

GRAVY MIX Pioneer 2½ Oz. Country	65¢
CRYSTAL SAUCE Original 8 Oz. For Chicken Wings	135
SWEET PEAS Stokely's 14½ Oz.	59¢
BONED CHICKEN Sweet Sue White 6½ Oz.	149
SPAGHETTI Franco American 14½ Oz.	63¢
MAC. & CHEESE Luxury 7½ Oz. Dinner	39¢
FROSTED BROWNIE Betty Crocker 10½ Oz. Microwave	129
MUFFIN MIX Martha White 7 Oz. Oat Bran	69¢
CRACKLIN OAT BRAN Kellogg's 14 Oz.	249
TOOTHPASTE Arm & Hammer 3 Oz. Dental Care	119
HUGGIES DIAPERS Kleenex 12-Ct. Lg. or 18 Ct. Med.	425
BABY WASH CLOTHS Natural Touch 80 Ct.	187
DOG FOOD Come'n Get It 8 Lbs.	489

BAKERY - DELI

FRESH MUFFINS 4 Pack Asst. Types	289
FUDGE CAKE In Store Made 8" Old Fashion.	479
LUNCHEON MEAT Hormel Spiced	229
NATURAL CHEESE Pepper Jack	399

PRODUCE & FLORAL

RED PLUMS Cart.	79¢
NECTARINES Cart.	79¢
RED APPLES Washington State Delicious	89¢
BELL PEPPER Fresh	39¢
CUCUMBERS Fresh	39¢
CALIF. CELERY Fresh Stalk	89¢
MINI CARNATIONS Bouquet In 4" Pots	299
FOLIAGE PLANTS Asst. Types	199

DAIRY

CORN OIL SPREAD Mazola 2 Lb. Lght.	195
CHEESE SLICES Kraft Deluxe Amer. 16 Oz.	243
ORANGE JUICE Food Club 64 Oz. Carton	151
MERICO BISCUITS Texas Style 12 Oz. Butter Flavor	55¢
SHREDDED MOZZARELLA Sargento 8 Oz. limit	119

HOUSEHOLD

GLASSMATES 20 Ct. Wipes	229
REAL PINE Pine Oil Cleaner 28 Oz.	159
SOFTENER Topco 64 Oz. Concentrated Liquid	187

Delchamps

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We Sell U.S. Postage Stamps.



The Sea Coast Echo

CLASSIFIEDS

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30 Lost & Found

LOST IN KILN FEMALE DOG BEAGLE AND Dachshund mix black and tan children's pet 255 1668 255 1959

LOST SET OF CAR KEYS AND HOUSE key Golf Club Dr. between Annapolis and the Water Tower 255 7254

REWARD FOR RETURN OF MEDIUM SIZED BLACK DOG looks like a German Shepherd lost in Waveland 612 4509 or 467 7556

REWARD SMALL PORTFOLIO WITH TANNING STUDIO STAMP AND NAME STAMPS BORN 1948 467 7556

36 Special Notices

DO YOUR PART FOR SCIENCE Buy used books and sea turtles wanted 467 7556

46 Home Improvement

ADDITIONS REMODELING NEW CONSTRUCTION by contract party. Interior or exterior painting. Carpentry. Kitchen cabinets. Concrete work and 20 years experience. All work guaranteed. Free estimates. Licensed and bonded. 467 3130

ADDITIONS REMODELING RENOVATION. Bathrooms and kitchens and built in home. Large or small jobs. Free estimates. Bonded. 467 7556

ALUMINUM OR VINYL SIDING. Additions. Remodeling. Painting. No job too small. 20 years experience. Bonded. Free estimates. Licensed and bonded. 467 4969

CARPENTER WORK. ROOFING. REMODELING. Painting. No job too small. 20 years experience. Bonded. Free estimates. Licensed and bonded. 467 4969

HOME IMPROVEMENT BY CONTRACTOR BY THE HOUR. Remodeling. Additions. Repairs. Painting. Carpentry. Kitchen cabinets. Concrete work and 20 years experience. All work guaranteed. Free estimates. Licensed and bonded. 467 3130

MURDER. KIDNAP. BOMBING. ROBBERY. RANSOM. PAYMENT. 467 7556

REPAIR HOME. REMODELING. RENOVATION. Bathrooms and kitchens and built in home. Large or small jobs. Free estimates. Bonded. 467 7556

53 Schools & Instructions

REPAIR HOME. REMODELING. RENOVATION. Bathrooms and kitchens and built in home. Large or small jobs. Free estimates. Bonded. 467 7556

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56 Services Offered

FURNITURE REFINISHING AND REPAIR. Chair caning of several types 30 years experience. Call WB Little 467 5245

HALLING FLOORING AND TAPES. 30 years experience. Call WB Little 467 5245

HOUSE CLEANING WITH REFER. 30 years experience. Call WB Little 467 5245

JACK'S HOME CLEANING. Quality work. 30 years experience. Call WB Little 467 5245

JAMES M. JAMES AND TRAVEL. Free estimates. 30 years experience. Call WB Little 467 5245

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73 Help Wanted

ANYONE CAN APPLY! Guaranteed Visa/ MC. US Charge. Even with bad credit. No one refused. Call (213) 925-9906 ext. U5268

ATTENTION - HIRING! Government jobs. Your area \$17,840 - \$69,485. Call 1-602-838-8885 EXT. R2262

ATTENTION - EARN MONEY READING BOOKS! \$32,000/year income potential. Details (1) 602/838-8885 Ext. Bk2262

CRUISE SHIPS NOW HIRING all positions. Both skilled and unskilled. For information call 615/779-5507 Ext. H893

DEPENDABLE LADY NEEDED TO CARE for two small children in our home. 5 day week. Transportation necessary. References needed. Start middle of August. 467-0531

DRIVERS WANTED FULLTIME. Economy car necessary for light pick up and delivery. Hancock County area. For interview call Mr. Scott 467-4848

EARN MONEY Reading books! \$32,000/yr income potential. Details (1) 602-838-8885 Ext. Y-22324

EXPERIENCED INSTALLER NEEDED. Auto stereo alarms, etc. Fire, burglar alarm systems for home or business. 467-7846

FEDERAL, STATE AND CIVIL SERVICE JOBS! \$18,037 to \$69,405. Immediate hiring! Your area. Call (Refundable) 1-518-452-3611 Ext. F4704 for Federal List 24 hrs

HELP WANTED. BEGIN NOW FOR A cost free Christmas. We need demonstrators to show our beautiful line of House of Lloyd's home decor, fashions, toys and gifts and Christmas Around the World. No collecting. No delivering. Call today. Jackie 255-1038 or Man 467-7885

HELP WANTED. EXPANDING BUSINESS needs telephone personnel. 467-4076

PARTTIME TELEPHONE HELP WANTED. Hourly pay \$6 to \$9 p.m. Monday thru Friday, 9 to 12 Saturday. Call for interview Mr. Scott 467-4848

FOR SALE
3 Bedrooms, 1 Bath
Central Air & Heat
467-3754

NOTICE
ABANDONED
VEHICLE

The following vehicles will be sold 30 days after the first publication:
1983 Toyota Corolla
Serial #JT2AE72E2D2056242
1979 Mercedes
Serial #1612012007294
1982 Toyota Supra
Serial #T2MA67L9C0043444
1980 Pontiac Bonn
Serial #2N37AAP150086
1979 Ford P.U.
Serial #715HNDG5004
These vehicles will be sold August 25, 1989
Seymour Lacoste Wrecker Service
P.O. Box 114
Kiln, Ms. 39556
255-1020
7-27; 8-3; 8-10-89

Professional
*Legal Secretarial
*Medical Secretarial
*Medical Assistant
*General Business
*General Office
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73 Help Wanted

HOUSEPARENTS NEEDED. A MATURE married couple with no dependent children to work as houseparents in a therapeutic group home setting with 12 adolescent boys 13-18 years. Good salary, good benefits and working conditions. Call for interview Monday-Friday at 601/798-2418 or 601/798-2437 between 8:00 a.m. and 4:00 p.m. or for information on weekends or evenings (8:00 p.m. - 9:00 p.m.) Write letter of interest to Houseparents, P.O. Drawer 640, Picayune, MS 39466

MATURE LADY HOUSEKEEPER TO LIVE with elderly lady not an invalid. 466-3099

PART-TIME HAIRDRESSER. Experienced only. Call Tina at 467-7180 for an interview

PRE-SCHOOL TEACHER/TEACHERS AID. Experienced with young children. Send resumes to P.O. Box 37, Bay St. Louis, MS 39520. All inquiries answered

RELIEF HOUSEPARENT NEEDED. A mature male to work relief part-time as a houseparent in a group home setting with 12 boys 13-18 years. Call 601/798-2418 or 601/798-2437 and/or write letter of interest to Houseparents, P.O. Drawer 640, Picayune, MS 39466

WANTED RESPONSIBLE PARTY TO assume small monthly payments on piano. See locally. Call credit manager 1-800-447-4266

REBUILT WASHERS AND DRYERS. Full warranty, service and parts for Kenmore, Whirlpool, GE and Hotpoint appliances. Diamondhead customers welcome. 467-5470. 467-3552

REFRIGERATOR GOOD CONDITION, not frostless. \$60 or best offer. 467-9456

81 Appliances

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81 Appliances

15 CUBIC FT CHEST FREEZER \$100. 467-0594

SEARS BEST WASHER AND DRYER \$450 for set. Like new. 466-2582

82 Antiques, Collectibles

3 1/2 BRIGGS & STRATTON ONE OWNER, good condition. "Frame gave out". 467-3731

BAY SHOPPE, 136 MAIN. Linens, Audubons, china, wicker, furniture, gifts. Buy and sell. 466-2651

83 Items for Sale

1981 FORD TRUCK BED. Love seat, brand new. 533 7374

19" COLOR TV \$45, DOUBLE BOX spring and mattress \$25, queen size pedestal bed \$20, space saver cabinet w/ refrigerator and sink, space for microwave and stove \$75, brown leather sofa \$95, green French Provencal sofa \$145, 235 National Geographic magazines, 1963-date \$25. 467-2947

4 YASHICA 124G TWIN LENS CAMERA. AS Sell as is, \$100 each. Contact Bob Hubbard 467-3463

COMPLETE ELECTRICAL POLE AND 20' CULVERT \$100. 467-7607

NOTICE
ABANDONED
VEHICLE

The following vehicles will be sold 30 days after the first publication:
1980 Lincoln
Serial #FOY90G648094F
1983 Renault
Serial #VF1BD34B5D1760398
1980 Ford Truck 250
Serial #F25GUDH1543
These vehicles will be sold August 20, 1989
Lacoste Auto
902 Hwy 90
Waveland, Ms. 39576
Phone, 467-4699
7-20; 7-27; 8-03-89

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• Six Week Training Program
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Classified Ads Directory

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30 Lost and Found
34 Personals
36 Special Notices

40 Business & Services
46 Home Improvement
53 Schools & Instructions
56 Services Offered
58 Lawn & Garden

83 Items for Sale

8 DUCK DECOYS, \$5 each. 255-7680.

LETS TRADE! LOT IN TIMBER RIDGE, 12' wide or larger for mobile home. 467-5506

LIVING ROOM SET \$95; FREEZER \$195, gas dryer \$75. 467-9545.

PROFESSIONAL DUMB BELLS AND RACK. 5 to 25 pounds. Iron with chrome plate. \$300. 467-0377.

RAILROAD CROSS TIES. GOOD CONDITION. \$5 each. 467-5293.

RENT TO OWN. Anything for your home. 467-9545. or 1 504 641-7361. Dollar Rental next to Kmart in Slidell. Rent by phone pay by mail.

THREE WINDOW UNITS FOR SALE: 1 Service and repair reasonable. I buy old air conditioners. Oak and poplar boards 10c and 20c a foot. Tomato and bean poles 10c. sell or swap. 467-6849.

USED WINDOW AIR CONDITIONERS \$75 up. We clean and repair central or window units. Also buy used A/C's working or not. Also swap. Sam's A/C and Heating. 467-0949.

84 Furniture

PECAN FINISHED TRIPLE DRESSER with mirror \$75; wood and glass coffee table and end table \$35. 467-6660.

THREE-PIECE SECTIONAL COUCH with 2 recliners attached. Paid \$1,200; will sell at greatly reduced price. 467-9575 or 467-2121.

85 Building Materials

BEFORE YOU BUY STORM WINDOWS, replacement windows, storm doors, vinyl siding, roofing, call Sears 467-9061 for free estimates.

CORRUGATED OR V-CRIMP GALVAN ROOF AND SIDING: 26"W, 8' \$4.96, 10' \$6.20, 12' \$7.44, 14' \$8.68, 16' \$9.92. RIB PAINTED: 32"W, 5' \$3.50, 6' \$4.20, 7' \$5.60, 8' \$6.40, 9' \$7.20, 10' \$7.95. Smith & Jones Warehouse Sales, Slidell, I-10 Exit 433, 1-800 251-7614.

88 Tools/Machinery

BLAST OFF ALL PAINT: A 1500 PSI Pressure Washer & Paint Stripper. Save weeks of scraping. CROWN EQUIPMENT. 467-3677.

90 Pets

BIRDS FOR SALE: CALL 467-3962. Cheap.

LOST A PET? Call Waveland Animal Shelter. Tuesday thru Friday, 10:00-5:00; Saturday 9-1. 467-0230.

LOST IN KILN: FEMALE DOG, BEAGLE AND Dachshund mix, black and tan, children's pet. 255-1668, 255-1958.

MALE CANARY WITH CAGE AND ACCESSORIES. \$45. 467-3562.

90 Pets

NEED LOVE, A FRIEND? GOOD HOME. S needed for two male, 8 months, 3/4 Lab; 4 month female German Shepherd, 4 year male Pointer. Vet checked, beautiful. Call 255-9328.

RABBITS \$4 UP. WIRE CAGES \$7 up. Concrete bowls \$1 up. 467-6348.

93 Yard Sale

134 SYCAMORE ST.: TWO BABY BEDS, Porta Crib, Federal sofa and 2 chairs, cedar chest, much more 9-7 daily. 467-9130.

3-FAMILY YARD SALE: FRIDAY, SATURDAY, 9-4. 464 Thomas St., off Dunbar, BSL Carnival beads, etc.

A BIG TIME YARD SALE: SATURDAY, 810 St. Joseph St., Waveland.

BACK PORCH SALE: FRIDAY, JULY 28th, 9-12. Behind Bay Shoppe, 136 Main St. Bed, bedding, sewing machine, mangle, FireKing, Lane Cedar Chest, chairs, glassware, miscellaneous.

BACKYARD SALE: 105 MOLLERE DR., Waveland, Saturday, 9 till. Men and womens clothes, lots of miscellaneous.

BAY WAVELAND WOODWORKS and flea market. 12 inside dealers, antiques, collectibles, glass, tools, dolls, vintage clothes, gingerbread, and mantles, air conditioned. Open 7 days. 10 to 6:30. 924 Hwy 90, Waveland, Ms. Buy 601 467-2628 Sell.

HUMANE SOCIETY GIANT HOME FURNISHINGS SALE: One day only, Saturday, July 29th, 10 till all sold! Sofas, beds, tables and chairs, etc. Hancock County Community Center, next to Hayward Spiers Salvage on Hwy 90. Many to choose from, so come early.

GARAGE SALE: 9 a.m., Saturday. 128 Favre St., near beach.

GOING OUT OF BUSINESS SALE: 20% discount on all paints and greenware. 1065 Hwy 90, Brush Stroke Ceramics. Till end of month.

LARGE GARAGE SALE: SATURDAY, Sunday, 17016 Magnolia Drive. 8-4. 2 1/2 miles north on Kiln/Delisle Road from I-10.

SALE AT BERYL'S SALVAGE FLEA MARKET: Low prices all the time. 211 Central Ave., BSL. Corner of Ballentine St. Open Tuesday, Wednesday, Thursday.

YARD SALE: Friday and Saturday. 514 Amelda, off St. Joseph.

96 Wanted to Buy

CASH BUYER, USED FURNITURE, ANTIQUES, glass, china, odds and ends. 467-6390 or 467-1481.

ELDERLY LADY WOULD LIKE TO BUY 3-wheeler, preferably with motor. Please phone 466-3806.

ONE ACRE OF LAND, HIGH AND DRY, near Hwy 90 and 603. 452-3593.

WE BUY JUNK CARS. Call anytime 467-5558.

128 Boats & Motors

18' GULF LINE SKIFF: CENTER CONSOLE with 40 Yamaha, galvanized trailer \$3,000. 467-0372.

1586 22' CATALINA W/TRAILER: Swing keel, Yamaha 6, Bimini top. Like new \$8600. 255-1763.

1987-88 YAMAHA FOUR STROKE ELECTRIC START MOTOR 9.9 H.P., 10 hours actual usage. \$975. 255-7055 or 255-7669 ask for Tom.

24' PARTICRAFT PONTOON BOAT with Suzuki OT-40 motor and dual tanks. Yacht Club trailer. Excellent condition. \$7,900. 799-1444 day; 255-1098 night. Can see at Jourdan River.

30' BOAT: Hull in good shape, cabin needs work. Best offer. 467-3505.

BOAT TRAILER: FITS 15'-16' TRIHULL. \$250. 467-0464.

FIBERGLASS REPAIR: WE DO BOAT and bath repairs. Quality work, reasonable rates. Free estimates. Tommy 467-7722.

PERCY'S BOAT AND MOTOR REPAIRS 467-8058

130 Motorcycles

HONDA PASSPORT, C-70. 2,400 miles. \$300. 533-7143.

HONDA XL-100 DIRT BIKE MOTORCYCLE: Needs repairs. Best offer. 255-7705.

133 Auto Parts/Service

351 MODIFIED 400 WITH AUTOMATIC transmission. \$275 or best offer. 466-3090.

136 Automobiles

1975 TORINO: ENGINE WELL MAINTAINED. New tires. Rough body. Runs perfectly. \$450 O.B.O. 467-8215 466-3865.

136 Automobiles

1987 DELTA 88 ROYALE: FOUR-DOOR, AM/FM cassette, A/C, cruise, midnight blue, extended warranty, 33,000 miles. \$8,995. 452-9159.

1987 NISSAN SENTRA: 2 door, AC. \$5500 OBO. 467-5660.

!!FREE!!
EXQUISITE 29 DIAMOND LADIES RING (1+ carat) with the purchase of 1985 Lincoln Continental Signature Series, mint condition. \$11,000. 467-0608.

CARS AND TRUCKS: 1977 MERCURY Montego, doesn't burn oil, sound transmission, trade OBO; 1980 MODEL FORD 3/4 ton, new motor, new brakes, new front tires, good condition \$1,800; two 1966 INTERNATIONAL 2-TONS, good condition, hydraulic tilt beds, clean, \$3,500 each; 1,000 gallon heavy duty skid tank \$1,500; one heavy duty 2,000 gallon tank \$2,000; one 10x50 trailer, good condition, unfurnished \$1,500 OBO or trade; one 1981 Mustang, clean \$1,200 OBO or trade. 467-7131.

TWO VW BEETLES, SUITABLE FOR parts. Call after 5 p.m. weekdays, all day weekends. 533-7886.

WE BUY JUNKED AND WRECKED CARS. Top prices. Call 467-7131.

138 Trucks & Vans

1970 CHEVROLET TRUCK: 350, ps. Runs great. Make offer. 467-3055.

1980 GMC PICK-UP: EXCELLENT condition. \$2,500 OBO. Can be seen at Mary Carter Paint Store. 467-6547.

4 WHEEL DRIVE FORD S.W.B.: New tires. Excellent condition. \$2,500. 255-1658.

79 CHEVY CUSTOM 10 PU. 3 speed automatic 6 cyl. Good on gas; a/c, power steering & brakes. \$950 OBO. 466-2845.

146 Rooms for Rent

NEAR BUCCANEER STATE PARK, ON THE BEACH: Exchange rent for carpenter and plumbing work. P.O. Box 198 Clermont Harbor, Ms 39551.

147 Apartments for Rent

BACHELOR'S APARTMENT. WAVE- LAND, near beach & grocery, one bedroom apartment, central heat, air All utilities paid \$235/mo 1-504/646-2527

FURNISHED ONE BEDROOM APARTMENT Includes water \$150/month, \$100 damage deposit 467-4713

SMALL FURNISHED APARTMENT 467-9404.

LAKEVIEW APARTMENTS, Pass Christ- ian, 1, 2 and 3 bedrooms. We now have a summer special. Call for more informa- tion 452-9901

147 Apartments for Rent

FURNISHED APARTMENT \$70 weekly, \$280 monthly, \$100 deposit One person, electric, cable, utilities paid 467-6605
ONE AND TWO BEDROOM UNFURNISHED APARTMENTS with carpet, drapes, refrigerator, stove and laundry facilities. Very clean, no pets, adults only \$250 and \$300 per month. 301 Main St. Call 466-2631 or 255-4398.

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From left: Tommy Breaux, Jimmy LeDesma, Dan M. Young
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147 Apartments for Rent

DUPLEX APARTMENT CONVENIENT location, excellent condition, low utility bills. Two bedroom, 1 bath, washer and dryer, dishwasher, refrigerator, stove, central A/H, carpet and drapes through out. 426B Carroll Avenue \$335 month \$150 deposit 467-1936 or 467-6020

ONE AND TWO BEDROOM unfurnished, apartments 467-3935 or 467-0165

ONE BEDROOM UNFURNISHED LOW ER apartment, A/C No gas or water bills, no deposit \$150/mo. 467-9372 or apply 209 Sycamore St.

PARTIALLY FURNISHED APARTMENT Available July 20th Single or working couple 467-9347

SMALL FURNISHED APARTMENT NEAR BEACH Utilities included Quiet person \$285 monthly 467-3181

148 Mobile Homes for Rent

BEAUTIFUL 3 BEDROOM, 2 BATH DOUBLE WIDE Situated on 10 acres within 1 1/2 miles of Port Bienville. Many extras \$295 per month plus deposit 255-9512

CLEAN 1, 2 or 3 bedrooms furnished unfurnished water and sewage \$45/week \$175 month up Hwy 90 Pearling ton 533-7301

FOR RENT THREE BEDROOM TRAILER LOCATED in Kiln Between 8 a.m. and 5 p.m. 467-0810

TRAILER FOR RENT Across from Lakeshore Discount Store No pets 467-5857

TWO BEDROOM FURNISHED TRAILER large yard \$175/mo. No pets 3514 Lower Bay Road 467-0347

VACANCY TRAILERS, OTAVIA AREA for rent, see website, 301-1111, Park Road St. Louis, Mo. 467-3004 or 467-4844, for more information

149 Mobile Homes for Sale

1960 TRAILER IN LOT WITH SEPT. tank and AC \$5,900 467-6104

1960 AR 2 BDRM DECK SKATED fenced lot, 1/2 acre, 1/2 acre, 1/2 acre \$8,500 467-4700

1987 HOUSE TRAILER, RATED TO 3000 LBS, 1/2 acre, 1/2 acre, 1/2 acre \$4,900 467-0165

1975 HOUSE CHAMPION, 1/2 acre, 1/2 acre, 1/2 acre \$4,900 467-0165

149 Mobile Homes for Sale

FURNISHED THREE BEDROOM TRAILER near hospital, Mole Dr \$250 per month plus utilities \$100 deposit 466-2629

150 Unfurn. Houses Rent

12 BLOCK OFF BEACH Spacious 2 bedroom home, carpeted, central air/heat, refrigerator, stove, excellent neighborhood \$310 monthly \$250 deposit No pets 467-2418 9-5, after 5, 467-3001

FOR RENT OR SALE TWO BEDROOM 2 full baths large yard 467-3151

NEWLY RENOVATED TWO BEDROOM home in Waveland Central heat and air, no children or pets. Furnished \$400, unfurnished \$350 Call 466-2777 weekends

ONE HALF BLOCK OFF BEACH, 2 bedroom home Carpet, sundeck, living room, kitchen, carport, utility and storage room, refrigerator, stove \$295/month; \$265 deposit No pets 467-2418 9-5, after 5, 467-3001

PASS CHRISTIAN ISLES \$365. Cozy two bedroom two bath, F/P, appliances, screen porch 105 Shands 452-7803

SENIOR CITIZEN'S DISCOUNT CLERMONT Harbor near grocery and beach, 2 bedroom cottage clean \$225/mo 504-646-2527

TWO BEDROOMS ONE BATH IN PASS CHRISTIAN \$260 mo. plus deposit and utilities 467-3668

TWO BEDROOM IN WAVELAND A/C central air, refrigerator, fenced yard No pets \$310/mo. 466-3192 and 467-0347

TWO BEDROOM COTTAGE HENDERSON Point large lot quiet area, boat dock, 1/2 acre, 1/2 acre, 1/2 acre \$4,900 467-0165

TWO BEDROOM HOME with deck, on water with appliances, washer/dryer, central air, 10 and Hwy 90 Shoreline Park No children, no pets \$100/mo. \$15 deposit Call 467-4138

WANTED: DEPENDABLE LONG TERM house to rent clean, secluded 2 bedrooms, reduced rate 300 Donald, 467-9820 No dogs

151 Furn. Houses Rent

TWO BEDROOM FURNISHED fenced lot, 1/2 acre, 1/2 acre, 1/2 acre \$275/mo. \$125 deposit 467-4680

151 Furn. Houses Rent

ONE BEDROOM COTTAGE Furnished, large living area, central heat and air. All utilities furnished. One block off beach, Bay St. Louis \$325 per month \$125 deposit 467-4680

SMALL WATERFRONT COTTAGE for rent Partially furnished 467-5470 or 467-3552

156 Lots/Acreage

7 LOTS \$750 EACH BAYSIDE PARK Will finance or trade Write to Wood, 13380 Molly Melissa, Walker, La 70785

ATTRACTIVE LOT 60x126 VERY CLOSE to North Beach Good view of Bay Runs from Dunbar to Paradise Point Dr 467-7250

BAYFRONT, 120' BAY ST. LOUIS, North Beach \$33,000 504-866-5961

CLERMONT HARBOR THE LAKES 3+ acre lots, \$2,000 per acre up Hardwoods and pines, beautiful, birds everywhere, private fishing No flooding Railroad Ave. between Clermont Harbor and Lakeshore 467-7781 or 404-381-1966

EXCLUSIVE AREA, NEAR BEACH ON Bienville Dr. 98x130 lot \$16,500 504-524-3974

LAND FOR SALE Tree shaded land 3 acres or more Near Lower Bay Road Lakeshore Ideal for horse or home site 467-7795

SOUTH BEACH BOULEVARD Beach front lot by new public fishing pier 50x200 Lot Beautiful view and sandy beach. Will take luxury car, van or pickup as part payment 504-641-2772

TWO LOTS ON GOOD STREET EACH 50x110, waterfront, Jordan River Isles High area 467-1209

"NEW" BEACHFRONT Retail or office, energy efficient, private deck. Hurry, will custom. \$375. Adam Construction Co. 467-8300

157 Summer Rentals

SMALL APARTMENT 2nd FROM BEACH \$70 weekly Everything furnished 467-0147, 467-3181

WEEKLY RENTAL Waveland on beach Three bedroom, 2 bath, screen porch and deck \$450 per week 504-861-9003

158 Commercial Property

9000 SQ. FT. APPROXIMATE OFFICE, warehouse and shop area Zoned light industrial For sale or possible lease purchase 88K 467-2800

FOR SALE OR RENT 4,000 sq. ft. building across from American Legion Pk. 467-8351

HIGHWAY 90, BSL FROM 516 SQ. FT. to 2144 sq. ft. of commercial office space for lease 467-3749

OFFICE SPACE GOOD FOR ATTORNEYS/REAL ESTATE agent Four offices, 2 baths, equipped kitchen 104 Hwy 90 \$500/mo 467-0426

159 Houses for Sale

BY OWNER IN DIAMONDHEAD 0 DOWN ASSUME \$69,000 8 1/2 fixed mortgage with credit approval Three bedroom, living dining, den Large lot 255-7706

CAMP ON BAYOU, 900 SQ. FT., 108' on water with pier and bulkhead Appliances, furniture and extras North Nassau, BSL \$47,000 Phone 467-3130 or 544-3841

ASSUME BY OWNER CHARMING 2 bedroom cottage \$17,000 below appraisal Pay legal fees and closing costs Call 467-6390

DANIEL STREET LARGE BEAUTIFUL lot with rundown house Owner financing 467-3935

FOR SALE 8 1/2 Acres with Lake 800' on Paved Highway Terms 467-3754

DON'T MISS THIS!! Be first and get first pick out of 370 acres of prime land, 3 acres or larger, Owner financing, low down payment, the easiest of terms available. Contact McIntyre Real Estate. 467-3777.

NEW BRICK HOME FOR SALE: 710 Beyer Dr., Bay St. Louis. 3 Bedroom 2 bath brick home on beautiful wooded lot. All electric, energy efficient, close to schools and beach. BUILDER'S CLOSE OUT \$65,500. Financing to qualified buyer. Call 467-6594 ext 30.

WHAT A BARAGAIN! DUPLEX: 211 Henderson Ave., Pass Christian. One block to beach! Live in one side, rent the other side to pay most of the note. Live almost rent-free! 1773 sq. ft. total, beautiful condition, large screen porch. Great investment. Only \$45,000 for quick sale. Call 467-6594 ext. 30.

WAVELAND: Four bedroom, 2 1/2 bth, brick home, 2149 sq. ft., liv./area. Irreg shaped lot, 138x240x38x117. W/W carpet, paneled rms, antique brick fireplace, lg eat-in-kitchen, liv/rm, din/rm, den, guest or rec/rm, screened breezeway. Inside util/rm & workshop, enclosed outside shower. Large magnolia & pine, completely fenced. Near beach, quiet neighborhood, 410 SURF ST., Waveland. Pk S/D, Financing available. \$70,000. Call 467-6594 ext 30.

HOMESTEAD INVESTMENT INC. Financing at below market rates and terms. Phil Payment Telephone 467-6594 Phil Ryan 452-4814 Nights and Weekends

John McDonald REALTY RESIDENTIAL AND COMMERCIAL SALES, LEASING AND MANAGEMENT. 467-5500 117 Highway 90, Bay St. Louis FOR SALE

BUILDING SITES from \$4,500. Pinewood Subdivision off Longfellow.

PRIME COMMERCIAL LOCATION: Fronting Hwy 90 in Waveland. 615' next to Walmart.

NEAR WAVELAND BEACH: 100' lots with pool privileges FOR RENT

FIFTH BLOCK OF STATE: Two bedroom cottage. \$90 per month.

CARROLL AVENUE: One bedroom apartment with air. Centrally located. \$175 and \$150 per month.

COURT STREET: Large 1500 sq. ft. apartment, centrally located. Can be used for commercial use. \$325 per month.

TWO BEDROOM BRICK APARTMENT: Situated on beautiful shaded Timberlane. Patio, central air and heat, built-in kitchen. Water included. \$325 per month.

MCDONALD LANE: Three bedroom, two bath brick home with central air and heat. \$400 per month.

PASS CHRISTIAN ISLES: Situated on golf course. Lovely three bedroom, 2 bath brick home. Kitchen with appliances. Large sunroom overlooking golf course. \$450 per month.

159 Houses for Sale

FOR SALE 4 BEDROOM, 3 full baths, living room, dining room, large kitchen with dinette off kitchen, centrally located in Bay St. Louis 467-5628

HOUSE FOR SALE CHEAP CALL 467-5856

HOUSE WITH LIVING ROOM, 2 bedroom, kitchen and bath, Front and back porches on almost one acre of land 3 miles north of Kiln on Hwy 603. Fenced \$17,000 for quick sale 255-7998

NEW 2 BEDROOM HOME COMPLETED You must move Call after 6, 255-7853

RAISED WATERFRONT HOME: TWO bedrooms, one bathroom up, one bedroom 1/2 bath down, on two beautiful lots. \$3,000 and assume notes. Jourdan River Estates, BSL 467-6838, 467-9610.

STATELY, SECLUDED, LARGE, 2-STORY HOME under construction in the Kiln area on 3 acres. For details call 467-5449.

ONLY \$500⁰⁰ DOWN Family neighborhood lot with an initial down payment of \$500.00 and low monthly payments of \$130.28. These spacious pine shielded lots offer:

- *Restrictive covenants
- *New paved street
- *City utilities
- *Minutes to shopping and new hospital
- *Walk to Bay Sr. High

BAYSHORE REALTY 601-467-0244

159 Houses for Sale

THREE BEDROOM, 2 BATH, IN-GROUND pool, formal dining room, double carport. Call between 4 and 7 p.m. 467-6850.

THREE BEDROOM HOUSE, 2 BATHS with 2 1/2 acres of land. \$74,500 452-2644.

TWO 1 BEDROOM APARTMENTS, ONE complete, one incomplete. Priced right. For information 255-3328 after 6 p.m.

TWO BEDROOM HOUSE: \$16,000. Near beach, Heart Bay St. Louis. Convenient everything. Rentable. Suitable office. 466-3806 between 7 and 9.

THE LAKES 3+ Acre Lots \$2000 to \$3,000 per acre. Heavily wooded, hardwood and pines, birds everywhere. Private fishing. No flooding. 13 1/2' elevation. Railroad Ave. between Clermont and Lakeshore. 467-7781 or (404) 381-1966.

ASHMAN - MOLLERE REALTY Come up to 227 Coleman Ave., Waveland Beach 60 YRS OF SERVICE 601-467-5454

NEW LISTING: WHAT A BARGAIN! 3 bdrm, 2 bath brick home on 134x287 fenced lot with in-ground swimming pool. Also has formal living rm, den, eat-in kitchen with plenty of new cabinets. All this for \$59,900.(3b32)

NEW LISTING: BAYOFRONT. 200x100 fenced lot with boat launch. 3 bdrm, 2 bath home with vinyl siding, large living rm, recreation rm, large garage and more. \$45,000.(3b13)

321 NECAISE ST: Just \$18,000 with owner financing available. 2 bdrm, 1 bath, living rm, eat-in kitchen, fenced 75x120 lot.(2b11)

REDUCED TO \$69,900: Immaculate, almost new 3 bdrm, 2 bath brick home. Custom designed kitchen, large rms, dble garage, lg fenced yard.(3b27)

MAKE AN OFFER ON THIS BEACHFRONT HOME: 2 bdrm, bath, liv/din/kit combo with fireplace, new cent. A/H, deck on side, 2 screen porches. Listed at \$69,000. Owner must sell.(2b3)

SELLER MUST SELL THIS 2 bdrm brick. If you qualify for Farmers Home you can assume the mortgage. Great condition. 575 Easterbrook St. ASK FOR SUE.

John Phillips & Associates Professional Real Estate Service 467-0600 Open 7 days per week to serve you

REPOSSESSION: 3 Br, central air/heat on large fenced grounds. Sacrifice at only \$17,000! For details, call 467-0600 or 467-4139. Ask for CAROL SHIPPEY at both numbers.

FELICITY ST: Large (1800 SF), 3BR, 2BTH, L/R, D/R, Florida Rm., F/P. All creature comforts you want in a home. Large deck in rear. Ask NOEL GILLAN for details. (467-6067)hm.

BRAND NEW WATERFRONT HM.: Own. will finance or lease purchase. 2BR, 2BA, could be 3BR, deck, fantastic view. Ask for EDITH PALMER, 467-0600 days or 467-7507 evenings.

MINI-HORSE FARM of huge proportions. Full brick home with country kitchen, massive fireplace, completely fenced & 2,000 SF of barns, storage. Paved street. \$20,000 under appraisal & in immaculate shape! \$70's - Scoop this one up today! Ask for CAROL SHIPPEY 467-4139 or 467-0600.

ON BAYOU CLOSE TO JOURDAN RIV: Perfect for the weekender or retiree. 2BR, 1BA. Large porch overlooks bayou. Owner will finance. Listed in 20's. Call NOEL GILLAN for details. 467-6067.(hm).

REDUCED from \$95,000 to \$69,000!! 3/4 BR large brick home, w/guest cottage. Privacy fenced, short walk to beach. For details call CAROL SHIPPEY 467-0600 or 467-4139.

CLERMONT HARBOR: Extra large family room, 2 bedroom, 1 bath, 1100 SF. Large corner lot. ONLY \$24,000. Call ask NOEL GILLAN for details. 467-6067(hm).

FOR THE LARGE FAMILY: Charming 5 bedroom, 2 bath with full basement located on corner lot in prestigious area. Air condition, ceiling fans, new roof, plus dock for your boat. Call GLADYS STAKELUM 467-7692 (hm).

ON THREE ACRES: Unbelievably creature comforts come with this 4 bedroom, 2 bath beauty. Are you ready to enjoy the beamed cathedral ceiling, massive stone fireplace and wet bar, built-in china cabinets and bookcases, close to town, but in the country! ONLY \$48,500!! Call CAROL SHIPPEY 467-4139 or 467-0600.

103 Highway 90 467-6716 Antiquan Realty, Inc. REALTOR

ARCADIAN WATERFRONT \$59,500. Three bedroom, 2 full baths, a home to live in. Living, dining rooms plus kitchen with island. Screened porch with fruit trees!!!

BAY ST. LOUIS \$69,900. 3 bedroom, 2 bath, 138x240x38x117. W/W carpet, paneled rms, antique brick fireplace, lg eat-in-kitchen, liv/rm, din/rm, den, guest or rec/rm, screened breezeway. Inside util/rm & workshop, enclosed outside shower. Large magnolia & pine, completely fenced. Near beach, quiet neighborhood, 410 SURF ST., Waveland. Pk S/D, Financing available. \$70,000. Call 467-6594 ext 30.

TIMBER RIDGE \$85,000. Three bedroom, 2 1/2 bath, raised m. brn home on deep lot near Bayou Mallini. Call 467-6594 ext 30.

BAY ST. LOUIS \$49,500. 3 bedroom, 2 bath, 138x240x38x117. W/W carpet, paneled rms, antique brick fireplace, lg eat-in-kitchen, liv/rm, din/rm, den, guest or rec/rm, screened breezeway. Inside util/rm & workshop, enclosed outside shower. Large magnolia & pine, completely fenced. Near beach, quiet neighborhood, 410 SURF ST., Waveland. Pk S/D, Financing available. \$70,000. Call 467-6594 ext 30.

WAVELAND \$43,500. Two bedroom, 2 bath, 138x240x38x117. W/W carpet, paneled rms, antique brick fireplace, lg eat-in-kitchen, liv/rm, din/rm, den, guest or rec/rm, screened breezeway. Inside util/rm & workshop, enclosed outside shower. Large magnolia & pine, completely fenced. Near beach, quiet neighborhood, 410 SURF ST., Waveland. Pk S/D, Financing available. \$70,000. Call 467-6594 ext 30.

HENDERSON POINT \$97,500. 3 bedroom, 2 bath, 138x240x38x117. W/W carpet, paneled rms, antique brick fireplace, lg eat-in-kitchen, liv/rm, din/rm, den, guest or rec/rm, screened breezeway. Inside util/rm & workshop, enclosed outside shower. Large magnolia & pine, completely fenced. Near beach, quiet neighborhood, 410 SURF ST., Waveland. Pk S/D, Financing available. \$70,000. Call 467-6594 ext 30.

A MEMBER OF THE SEARS FINANCIAL NETWORK COLDWELL BANKER NEEL FRISBIE INC. REALTORS 467-4111

FIRST TIME BUYERS will appreciate this bargain. Lovely brick 3 BR/2 BA in Kiln. ALL APPLIANCES, central H/A, garage, large screen porch. \$45,000! Call Raygan.

RELAX! Enjoy the view from your home at this 3 BR/1 BA home with wood burning stove, over an acre of land w/ stocked pond. Extra waterfront lot also available. \$43,500. Call Raygan.

GARDENER'S DELIGHT! Newly refurbished 2 BR/1.5 BA cottage, screened porch, deck P.H. attached 13x22 greenhouse is just one block from beach. Only \$39,900. Call Camille.

TWO FOR THE PRICE OF ONE! Located in downtown Kiln area, precious 2 BR/2 BA home w/hardwood floors includes a 2 BR trailer in excellent condition for extra income. Commercial possibilities. \$49,900. Call Mary.

SHADES OF SUMMER are waiting to cool you at this 2 BR/1 BA, extra large storage, summer kitchen and a yard shaded by beautiful oaks, and within walking distance of downtown Bay St. Louis \$48,000. Call Camille.

PRIDE OF OWNERSHIP PREVAILS in this 3 BR/2 BA home on Old Spanish Trail w/approx 15875 sq. ft., central H/A, 17x27 master BR suite and large lot \$52,000. Call John.

ROLLING ON THE PEARL RIVER! Rare opportunity to purchase for only \$67,700! 3 BR/2 BA home has central H/A, FP, screened porch, boat launch w/lots of underneath storage. Call John

John McDonald REALTY RESIDENTIAL AND COMMERCIAL SALES, LEASING AND MANAGEMENT. 467-5500 117 Highway 90, Bay St. Louis FOR SALE

BUILDING SITES from \$4,500. Pinewood Subdivision off Longfellow.

PRIME COMMERCIAL LOCATION: Fronting Hwy 90 in Waveland. 615' next to Walmart.

NEAR WAVELAND BEACH: 100' lots with pool privileges FOR RENT

FIFTH BLOCK OF STATE: Two bedroom cottage. \$90 per month.

CARROLL AVENUE: One bedroom apartment with air. Centrally located. \$175 and \$150 per month.

COURT STREET: Large 1500 sq. ft. apartment, centrally located. Can be used for commercial use. \$325 per month.

TWO BEDROOM BRICK APARTMENT: Situated on beautiful shaded Timberlane. Patio, central air and heat, built-in kitchen. Water included. \$325 per month.

MCDONALD LANE: Three bedroom, two bath brick home with central air and heat. \$400 per month.

PASS CHRISTIAN ISLES: Situated on golf course. Lovely three bedroom, 2 bath brick home. Kitchen with appliances. Large sunroom overlooking golf course. \$450 per month.

John Phillips & Associates Professional Real Estate Service 467-0600 Open 7 days per week to serve you

REPOSSESSION: 3 Br, central air/heat on large fenced grounds. Sacrifice at only \$17,000! For details, call 467-0600 or 467-4139. Ask for CAROL SHIPPEY at both numbers.

FELICITY ST: Large (1800 SF), 3BR, 2BTH, L/R, D/R, Florida Rm., F/P. All creature comforts you want in a home. Large deck in rear. Ask NOEL GILLAN for details. (467-6067)hm.

BRAND NEW WATERFRONT HM.: Own. will finance or lease purchase. 2BR, 2BA, could be 3BR, deck, fantastic view. Ask for EDITH PALMER, 467-0600 days or 467-7507 evenings.

MINI-HORSE FARM of huge proportions. Full brick home with country kitchen, massive fireplace, completely fenced & 2,000 SF of barns, storage. Paved street. \$20,000 under appraisal & in immaculate shape! \$70's - Scoop this one up today! Ask for CAROL SHIPPEY 467-4139 or 467-0600.

ON BAYOU CLOSE TO JOURDAN RIV: Perfect for the weekender or retiree. 2BR, 1BA. Large porch overlooks bayou. Owner will finance. Listed in 20's. Call NOEL GILLAN for details. 467-6067.(hm).

REDUCED from \$95,000 to \$69,000!! 3/4 BR large brick home, w/guest cottage. Privacy fenced, short walk to beach. For details call CAROL SHIPPEY 467-0600 or 467-4139.

CLERMONT HARBOR: Extra large family room, 2 bedroom, 1 bath, 1100 SF. Large corner lot. ONLY \$24,000. Call ask NOEL GILLAN for details. 467-6067(hm).

FOR THE LARGE FAMILY: Charming 5 bedroom, 2 bath with full basement located on corner lot in prestigious area. Air condition, ceiling fans, new roof, plus dock for your boat. Call GLADYS STAKELUM 467-7692 (hm).

ON THREE ACRES: Unbelievably creature comforts come with this 4 bedroom, 2 bath beauty. Are you ready to enjoy the beamed cathedral ceiling, massive stone fireplace and wet bar, built-in china cabinets and bookcases, close to town, but in the country! ONLY \$48,500!! Call CAROL SHIPPEY 467-4139 or 467-0600.

159 TWO BE fenced 467-7798

TWO BE WATER and take 467-8372

161 MONROE good qu: experie physical: 939-0881

GULF SH: ming pool nis court Kitchens. FREE BI

WANTED share the Japanese for 89/5 1/800-SII

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GOVERN your area current li 1-615/38

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DONA BERNARD, Beneficiary, which deed of Trust
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of the official map or plat thereof on file and of
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County, Mississippi, and

WHEREAS, the said Deed of Trust authorized the
appointment and designation of another person in the
place of the trustee named in said Deed of Trust, and
SHIRLEY INCARDONA BERNARD appointed and sub-
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place of the undersigned, and the undersigned, as
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County, Mississippi, and

WHEREAS, default having been made in the pay-
ment of the indebtedness secured by said Deed of Trust,
and the undersigned, as Trustee, is hereby notified that
he will sell the property described in said Deed of Trust
at public sale on the 28th day of August, 1989, at 11:00
a.m., at the main front door of the County Courthouse
in Hancock County, Mississippi, to the highest bidder
for cash to the highest and best bidder, the following
described land and property lying and being situated in
Hancock County, Mississippi, to-wit:

LOT 39, SQUARE 1, SHORELINE PARK SUBDIVI-
SION, Unit 6, a subdivision of Hancock County, Missis-
sippi, as shown on the official map or plat thereof on file
and of record in the office of the Hancock County Clerk of Hancock
County, Mississippi.

Signed, published and posted on this 7th day of July,
1989.

JULIEN K. BYRNE III
Substitute Trustee
7-13; 7-20; 7-27; 8-3-89

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place of the trustee named in said Deed of Trust, and
SHIRLEY INCARDONA BERNARD appointed and sub-
stituted JULIEN K. BYRNE III as Trustee therein in the
place of the undersigned, and the undersigned, as
SHERIFF, Trustee for the benefit of SHIRLEY INCAR-
DONA BERNARD, Beneficiary, which deed of Trust
appears of record in Deed of Trust Book 330, page 602
of the official map or plat thereof on file and of
record in the office of the Hancock County Clerk of Hancock
County, Mississippi, and

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MONROE TRUCKING, INC. Looking for

Bassin' with the pros

Bass boats are a little like gardens. They require care and attention in order to produce the best results.

Unfortunately, says Evinrude Outboards Pro staff and boat dealer Bo Dowden, many fishermen don't feel that way, and as a result, they often have to pay heavy maintenance and repair bills.

"The biggest mistake I see," says Dowden, "is that people don't prepare the boat properly for storage. You can't simply park your boat in your driveway, or even in your garage, and walk away."

"If you do, you're asking for trouble, and it can be expensive."

Boats left in this manner may still have water remaining in their lower units. If this water freezes, it can crack the lower unit and necessitate a major repair.

"If you're planning to put your boat into storage anytime in the future," says the Evinrude pro, "follow these tips:

"Change the oil in the lower unit before storage. This will remove any water and prevent freezing. Even in hot weather, it's a good idea to get the water out."

"Fill the gas tanks to capacity. This will keep water from condensing because there isn't any air in the tanks. If you don't do this, the water formed by condensation will contaminate your gasoline and you'll have to drain the tanks."

"It will also help to add some fuel conditioner to the gasoline," says Dowden. "This is available from most boat and outboard dealers, and also helps keep the fuel from going bad."

"Once you do this, crank the engine and let it run for about five minutes to circulate the fuel conditioner. This will keep any deposits from building up in the engine during storage."

Before shutting off the motor inject a rust preventative fogging oil in the engine. Fogging oils are available at your dealer with instructions on proper use.

"The batteries don't have to be recharged," says Dowden, but simply disconnected. They should be charged about once a month to keep them from deteriorating."

Dowden also suggests fishermen

men put a fresh coat of wax on the boat, then store it in a shady place. The wheel bearings should be greased, and the boat covered, if possible.

"After that," says Dowden, "the boat should be ready to go the next time you're ready to go."

Owner of Johnson® and Evinrude® electric positioning motors might like to try OMC's weedless propeller for those motors. It has a close-fitting hub and special swept-back

blades that OMC says keep it from snagging without sacrificing thrust.

The prop fits Johnson and Evinrude electric models from 1982 through 1989 and is available from Johnson and Evinrude outboard dealers.

Earl Bentz
Steve Price

Tips to take care of your boat



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COMMUNITY

SECTION C

THE SEA COAST ECHO—THURSDAY, JULY 27, 1989-1C

JTPA-sponsored class designed to improve reading, math skills

BY DENA BISNETTE

A group of 14-and-15-year-olds are being paid to go to Bay Senior High this summer and catch up on their reading and math skills.

The students, under a Job Training Partnership Act-funded program administered through Gulf Coast Business Services, are using computers to increase reading and math proficiency, said teacher Beth Favre.

The program requires that students be JTPA-eligible, meaning that they must be from lower-income families. The parents made application to the program as if they were trying to place the students in JTPA summer employment.

In addition, the students must be achieving at least one level lower than their current grade in reading and math. They are expected, by the time they finish the program, to improve by at least one level in each.

Favre said the students work at their own pace, testing themselves after each lesson. If one of them makes an error, the computer presenting the lesson shows that the answer is wrong, then guides the youngster back to the beginning of the math or reading exercise.

Bay High has about 18 students enrolled this year, some working on computers owned by the school and some on machines loaned by the Pass Christian School District.

The Hancock County School District is also providing the program and can accommodate more students because two sites are available, Favre said.

"This is kind of new to Bay High," said Favre, "but we hope to do this again next year."

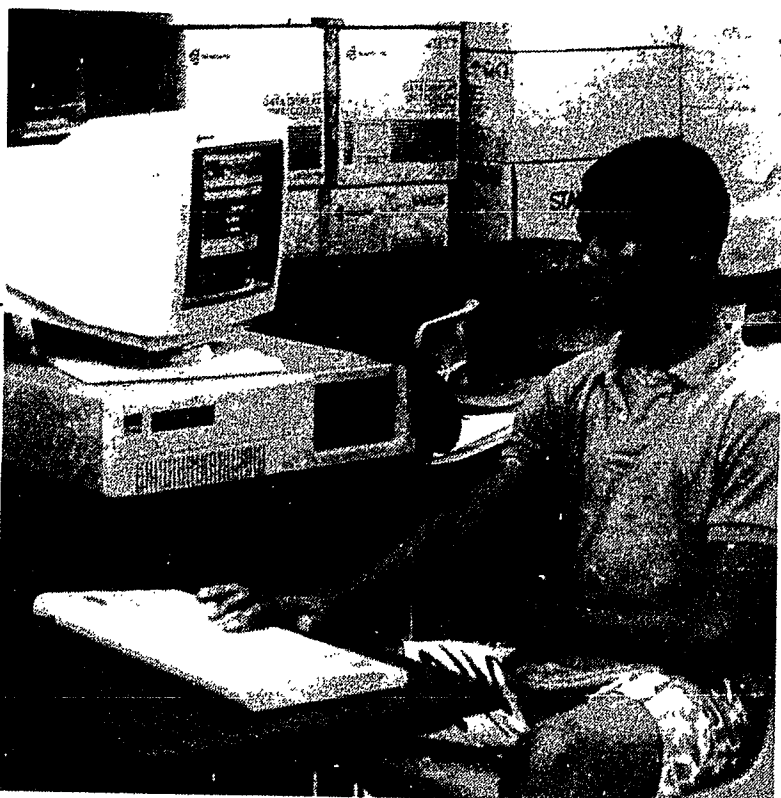
A similar program is operated during the school year, but students are not paid. In the summer version, the children are paid per hour, working four hours each day from Monday through Friday.

"We pay them \$2.85 an hour. We don't pay minimum wage for this," she explained.

Because the program is computer-assisted and focuses on remedial learning, it has similarities to Chapter I. Chapter I also deals with

math and reading skills, but is designed for younger children. In addition, Chapter I is open to any child achieving below grade level, not just those from financially disadvantaged families, Favre commented.

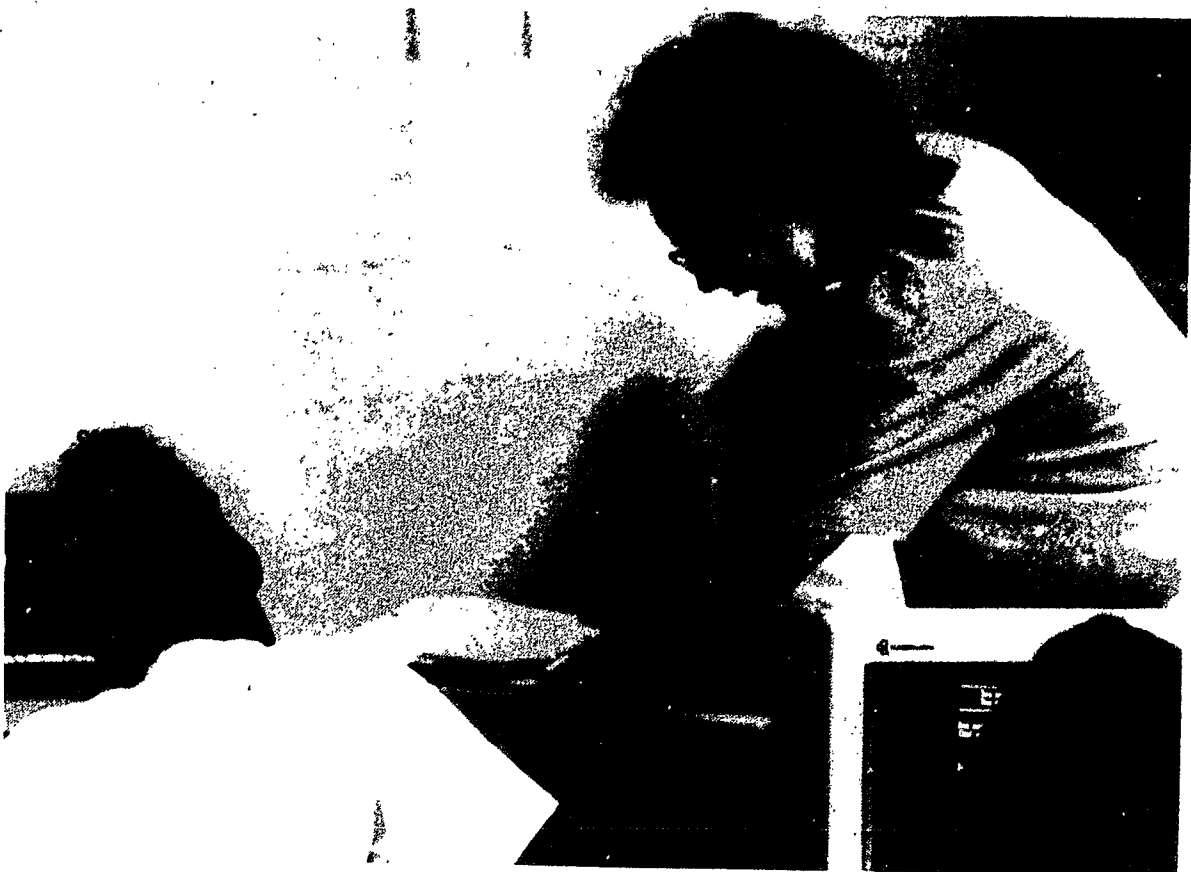
In teaching, she is often assisted by LaShawn Hawkins, a summer worker who took the class during the school. The two give students having difficulties or questions about their lessons indi-



vidual assistance.

The students work on basics like fractions, decimals, word definition and reading comprehension.

"I'm also learning a lot about using computers," a student commented. "My parents told



Teacher Beth Favre, right, assists a student.

me that computers are a good thing to go into."

Because she had finished her lesson, she demonstrated one of the supplemental learning games available. She chose one on reading comprehension and logical thinking skills.

The student can choose from among several speed options. In the game, words from a paragraph scroll across the screen. The student reads the paragraph, then answers several questions about it.

In the next step, the paragraph is presented for reference while the student answers logic questions based on the information it provides.

Favre uses those games, as well as some non-learning games, to reward students who make progress.

At another terminal, a student was working on her math lesson, changing fractions to decimals and working problems with them.

Favre said she tested the students when the program was halfway finished and again this week before the program ended.

She expects the results to vary from student to student.

"When I gave them the midterm test, for example, I found one boy who had improved four levels in reading, but he hadn't done anything yet in math," she explained.



Computer workshop offered

Individuals interested in increasing their personal computer skills may want to enroll in a three-day computer workshop at the University of Southern Mississippi.

"Your key to PC Write and MS DOS," planned for Aug. 4-6, is designed to teach the essentials of using a computer. Topics for the workshop include learning the basic components of the computer, using MS DOS and word processing with PC Write. This hands-on workshop will

provide a free copy of PC Write version 3.02 for each participant.

Dr. Dennis Canfield, USM associate professor of polymer science, will teach the workshop. Canfield has written software for schools, banks, industries, financial institutions and scientific laboratories.

Cost of the workshop is \$110 for the entire session or \$85 per day. For more information or to register, call USM Lifelong Learning at 266-4201.

USM to offer August orientation session

Individuals planning to attend the University of Southern Mississippi as new students during the fall semester may benefit by making plans to attend an August orientation session.

"USM Preview: Orientation...Southern Style," planned for Aug. 3, offers new students the chance to visit the campus, become acquainted with the university and register for the fall semester.

Participants will meet with academic advisers and receive fee assessments and financial assistance during the one-day session. Transferring students

also will receive a transcript evaluation.

Parents are invited to attend the orientation session. Information will be presented on campus living, residence life, health and diet matters, safety and financial planning.

Fee for the session is \$25, which includes lunch. Fee payments must accompany applications to guarantee reservations.

For more information or to register, contact the USM Student Orientation and Retention Office by writing Southern Station Box 5112, Hattiesburg, MS 39406-5112, or call 266-4848.

PRCC orientation session open to freshmen, sophomores

Pearl River Community College will hold an orientation/early registration session Wednesday, Aug. 2, for freshman and sophomore students who missed the earlier sessions.

The program, which is open to all incoming students, will begin at 9 a.m. with check-in.

Students who attend the program will receive their fall schedule and take campus tours.

Parents are also invited. Cost of the session is \$10 for students and \$2.50 for parents, and includes lunch.

For more information call 795-6801.

NTE exams set at USM

Arrangements have been made for a special administration of the National Teacher Examinations on Aug. 11 and 12 at the University of Southern Mississippi in Hattiesburg.

The CORE Battery (all three modules) and all Area Specialty Tests will be available. Anyone who wishes to register for the NTE and be assured of a test must correspond with Dr. Bill Ferguson at USM (266-4566) or the Office of Teacher Certification (359-3483) before July 31.

The communication should provide the person's full name, current address and the test(s) for which he/she will register. The candidate will not receive a registration form in the mail but will register at the test site on the day of the test.

Cost will be as follows: All examinees will pay a \$10 special administration surcharge in addition to the appropriate fee from the schedule

below. Area Specialty Test, \$45; CORE Battery (all three modules) \$70; two CORE Battery modules, \$50; and one CORE Battery Module, \$30.

Checks or money order must be made out to National Teacher Examination and shall be brought to the test site on the testing day(s). Do not mail check or money orders.

The schedule for testing at the USM Educational/Psychology Building will be: Specialty area test, 5 p.m., Aug. 11; Communication Skills, 7:45 a.m., Aug. 12; General Knowledge, 10:55 a.m., Aug. 12; Professional Knowledge, 2:15 p.m., Aug. 12.

State law requires candidates to have valid scores on both the CORE Battery (all three modules) and an area specialty test for initial certification.



Environmental education program available through Forestry Commission

Project Learning Tree (PLT), a national award-winning K-12 environmental education curriculum introduced to Mississippi teachers and other youth educators only last year, is gaining rapid and wide acceptance all across the state, according to Bill Colvin, statewide coordinator and director of information-education for the State Forestry Commission.

The multidisciplinary PLT program offers teachers an excellent teaching tool which uses the forest as a window into greater awareness and appreci-

ation for the entire environment, including forest, oils, wildlife, air and water.

It teaches school-age youngsters how to think and not what to think. It equips them to evaluate environmental matters from all sides and make sound decisions about the use of our natural resources.

Teachers are trained in a six-hour workshop to use the PLT material. The PLT activities can be used right along with whatever they are teaching. The youngsters especially enjoy PLT activities because they are

"hands-on" learning experiences as opposed to lectures.

Colvin said 11 six-hour PLT educator workshops were conducted in the state in 1988, the first full year of the program in Mississippi. "We'll more than double that number of workshops in 1989," he noted. "Getting the activities correlated with the state's curriculum structure manual really helped get the educators interested in using the PLT materials," Colvin related.

PLT is sponsored in Mississippi by the Mississippi Fore-

stry Commission, Mississippi Forestry Association and the Tennessee Valley Authority. Approximately 20 conservation-minded agencies and organizations support the program. More than 100 volunteer workshop facilitators located in 50 counties are available to hold workshops in local schools.

For more information on PLT, or to schedule a six-hour workshop, contact the State PLT Coordinator at 301 N. Lamar St., S-300, Jackson, MS 39201 or phone 359-2838.



EASTER SEALS IN JULY—Easter Seal Regional Director Sandy Dickerson presents a plaque of appreciation to Sherlyn Breland of Peoples Federal Savings and Loan for their service to the charity's fund raising drive over the last nine years. From left are teller Lise Burzelleri, Breland, teller Kim DeBen and Dickerson. According to Dickerson, Easter Seal money is used throughout the year in the areas where it was collected. (Echo staff photo by D.C. Harvill)

MILITARY MENTION

ENSIGN KOLODZIEJ
Navy Ensign Christopher J. Kolodziej, son of John S. and Sandra L. Kolodziej of Bay St. Louis, was commissioned upon graduation from the University of Notre Dame, Notre Dame, Ind.

Kolodziej received his commission upon completion of the school's Naval Reserve Officer Training Corps (NROTC) Program.

During each undergraduate semester, Kolodziej completed naval science courses as well as his full academic schedule that led to his bachelor of business administration degree. These courses, combined with annual summer training aboard ships and shore installations, served to prepare him for the duties and responsibilities of a commissioned officer.

He is a 1985 graduate of St. Stanislaus High School.

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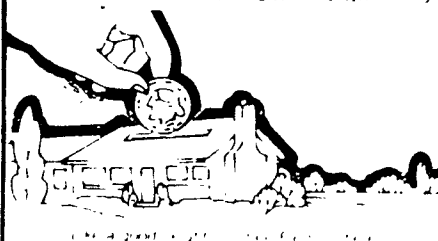


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CONSUMER UPDATE

Saving on auto insurance premiums

By Janet K. Lukens
Area Consumer Management Specialist

The possibility of an automobile accident is one of the most dangerous risks we face. There are about 25 million automobile accidents in the United States each year.

Auto accidents in this country take a staggering toll on life and property with about one death for every 5,000 persons and an economic loss of \$270 for every man, woman and child.

Most of these losses had direct impact on insurance claims and indirect impact on the cost of insurance. Though Mississippi car insurance rates are currently the fifth lowest in the nation, premiums can still make a big dent in the average budget. Consumers can influence the cost of their automobile insurance premium in a variety of ways.

One way to reduce your pre-

mium is by changing your policy coverage. You can lower your coverage for bodily injury and property damage liability to the minimum limits set by the State of Mississippi.

According to State Insurance Commissioner George Dale, two areas which have the greatest effect on car insurance rates are medical payments and uninsured motorist coverage. By increasing your deductible from \$200 to \$500, you can lower the cost of your collision premium by 14 to 30 percent.

Eliminating collision and/or comprehensive coverage from your policy for vehicles valued at less than \$2,000 will further decrease your premium.

Insurance companies also offer many discounts for qualified drivers. If you have more than one car in your household, you can save about 15 or 20 percent by insuring all the vehicles on a single policy with the same

company.

Your insurance company may also offer a discount of 5 to 15 percent for insuring both home and auto. Drivers ages 50 or 55 and older may qualify for discounts of 10 to 20 percent, depending on the company and how much they drive. Drivers with accident and/or violation-free records also qualify for the good driver discount with many companies.

Some insurers guarantee that is a long-term customer maintains a period of accident-free years, his/her rates will not go up after the first at-fault accident. A few companies offer discounts for non-drinkers and/or non-smokers.

Commuters sharing driving responsibilities may qualify for discounts of 10 to 20 percent. If your vehicle is driven infrequently, you may qualify for a reduced premium for driving fewer than a certain number of miles per year.

Your premium may also be affected by the car you drive. Many companies offer discounts of 10 to 30 percent for vehicles with automatic seat belts and/or air bags. Premiums are higher for autos that are more expensive to repair or that offer passengers less protection from accident injuries.

Sport and luxury cars that are popular with car thieves are also more expensive to insure. Discounts of 5 to 15 percent are offered in some states for cars equipped with a hood lock and an alarm or a disabling device that prevents the car from being started.

Check with your insurance company for these and other opportunities for reducing the cost of your automobile premium. For further information on auto, homeowners and business insurance contact the Insurance Information Institute at 1-800-221-4954.

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ST. ANN CHURCH NEWS

A thought for meditation from our pastor Father Justin Furman, ST.

"You don't have to be listed in Who's Who to know what's what."

—William Bennet

—Anonymous

"Anxiety demands that you take care of yourself without God's aid."

Father Justin announced, Karen Williams, because of personal responsibilities, regretfully had to resign as St. Ann-St. John CYO advisor. She will be missed by everyone, especially by the teenagers with whom she worked so closely. Thanks, Karen, for your dedication and a job well done. May God bless you!

Beginning this week, St. Ann-St. John CYO members will meet 7 p.m. each Wednesday evening in the parish hall. Taking over as CYO adult advisor will be Suzette Ladner and as her assistant, Tiffany Baughman. Good luck to both of you.

Trinity Day Camp continues

'Cars, Boats and Things That Go' is the theme for the Summer Day Camp being held at Trinity Episcopal Church in Pass Christian through Friday, Aug. 4.

This camp is for boys and girls who are 6½ to 9 years old. Hours are 9 a.m. to noon through Thursday and later on

Fridays due to special field trips and picnics.

Activities include field trips, music, games, arts and crafts, creative cooking, stories and movies and water sports.

For information, call Martha Burdette, 452-7180 or Phyllis Brack, 467-0458.



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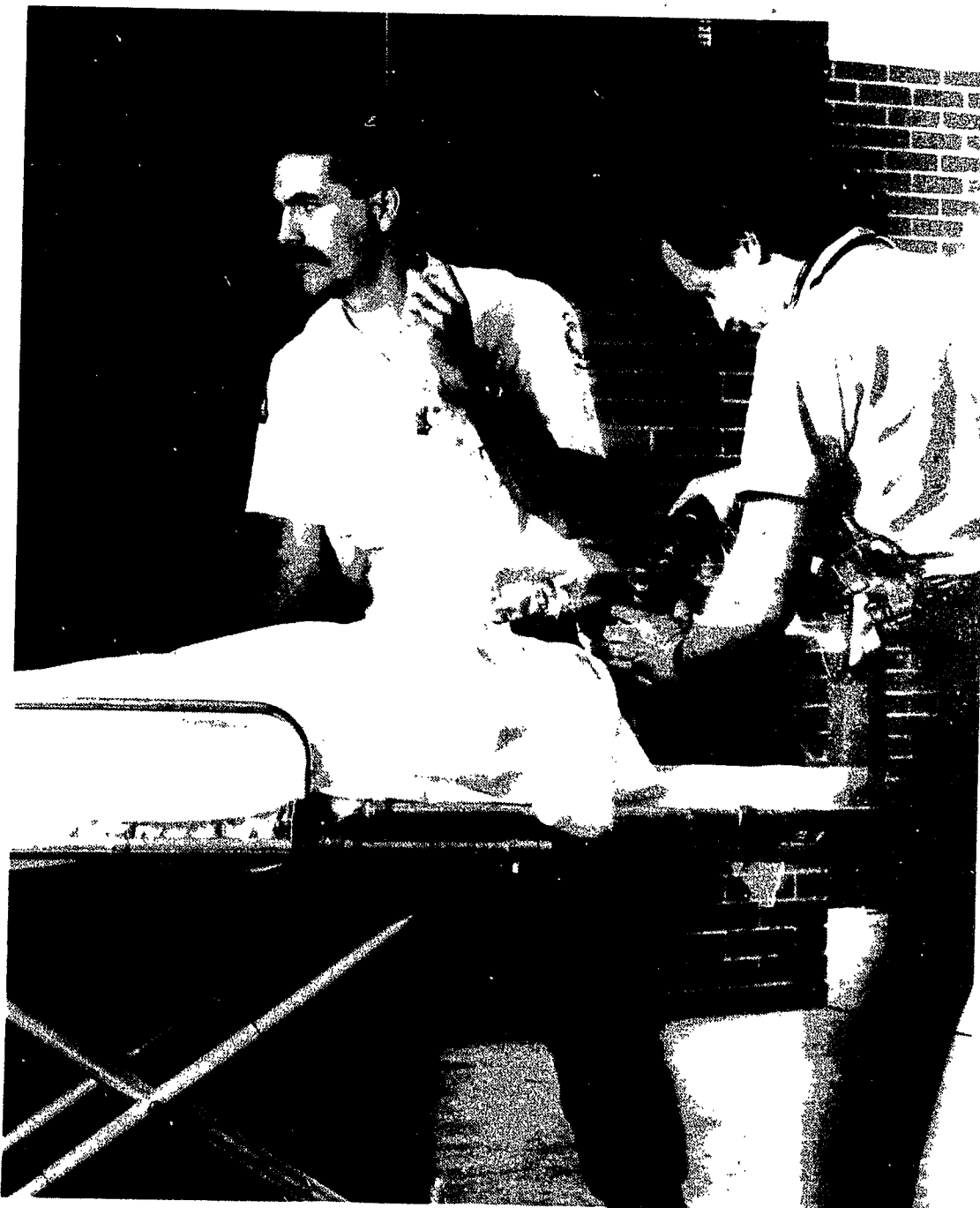
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Don't Let This Deadline Pass You By.

The last day for joining Mobile Medic is July 31st. So if you haven't yet gotten your application in the mail, here's your final reminder. Joining now will entitle your family to the

finest emergency medical care all year long. At no cost to you above the \$42 annual membership fee. So fill out your application and get it in the mail

this week. Before the deadline passes your family by

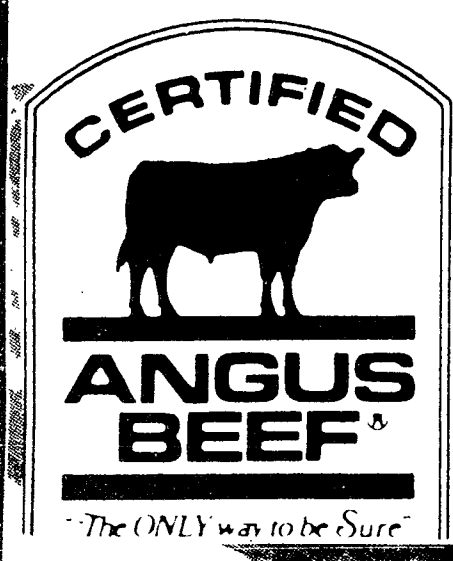
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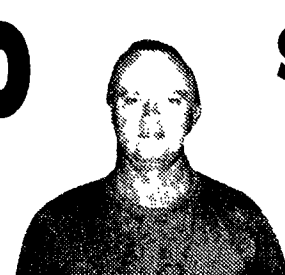
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- Mary Handy, Rayne
- Elgine Toney, Crowley
- Ronald David, Port Allen
- Mary Jane Eli, Baton Rouge
- Dante Smith, New Sarpy
- Lela Bergeron, Morgan City
- Velma Landry, Kaplan
- Charles Schlatre, Port Allen
- Clara Farlough, Reserve
- Gertrude Lombas, Berwick
- Ruth Delaune, Morgan City
- Mrs. G. Boudreaux, Pierre Part
- Dora Barger, Lockport
- David White, New Iberia
- Anna J. Sturm, Slidell

- Debora Bertrand, Abbeville
- Vickie Leonards, Abbeville
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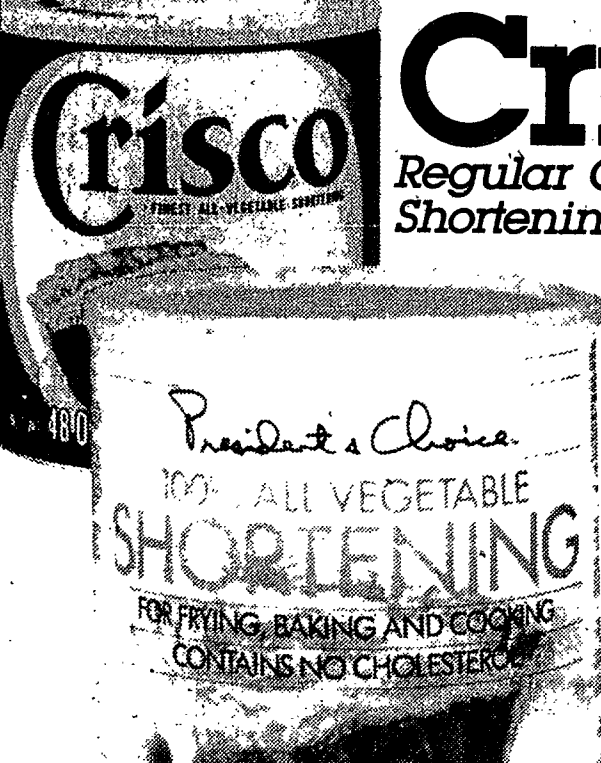
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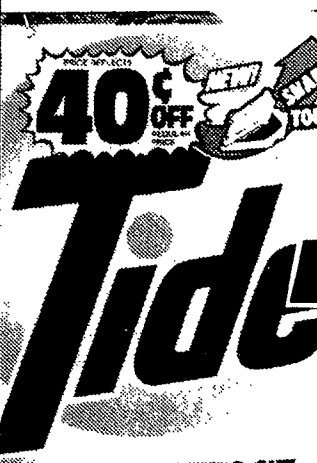
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FICTION

- 1 **THE RUSSIA HOUSE**, by John le Carre. Espionage changes its way as glasnost begins to rust the Iron Curtain. (BWK)
- 2 **TALKING GOD**, by Tony Hillerman. Two New Mexican policemen pursue a mystery involving valuable Indian ceremonial masks. (B)
- 3 **WHILE MY PRETTY ONE SLEEPS**, by Mary Higgins Clark. The murder of a gossip writer creates a storm in New York's high-fashion world. (BW)
- 4 **THE NEGOTIATOR**, by Frederick Forsyth. An American expatriate thwarts terrorists' attempts to prevent the signing of a disarmament pact. (BW)
- 5 **POLAR STAR**, by Martin Cruz Smith. Russian and American teams investigate the mysterious movements of a Soviet ship in northern Pacific waters. (BW)
- 6 **RED PHOENIX**, by Larry Bond. Three American servicemen and the roles they play in a second Korean War. (BW)
- 7 **THE JOY LUCK CLUB**, by Amy Tan. The tensions and cultural bonds shared by Chinese-American women and their immigrant mothers. (B)
- 8 **CAPITAL CRIMES**, by Lawrence Sanders. A self-anointed messiah disrupts political and social life in Washington. (BWK)
- 9 **THE TEMPLE OF MY FAMILIAR**, by Alice Walker. The relations of the species, races and sexes through the past 5,000 centuries. (BW)
- 10 **DAY OF THE CHEETAH**, by Dale Brown. America's most advanced weapon falls into the hands of a pilot who is a K.G.G. mole. (B)
- 11 **THE SATANIC VERSES**, by Salman Rushdie. Two congresses from Bombay find themselves caught between the forces of good and evil in contemporary London. (BW)
- 12 **RIGHTFULLY MINE**, by Doris Mortman. An Ohio housewife makes it big in the international world of antiques. (BW)
- 13 **A PRAYER FOR OWEN MEANY**, by John Irving. A schoolboy who accidentally killed the mother of his best friend turns into a prophet with a message for our times. (B)
- 14 **MAZE**, by Larry Collins. A C.I.A. officer and a CIA track the comings and goings of a Soviet submarine in the Atlantic. (BW)
- 15 **MY SECRET HISTORY**, by Paul Theroux. The travel writer recalls his personal and professional life in an autobiographical novel. (BW)

NON-FICTION

- 1 **IT'S ALWAYS SOMETHING**, by Gilda Radner. The late comedian's memoir describes her battle with ovarian cancer. (BW)
- 2 **THE GOOD TIMES**, by Russell Baker. The New York Times columnist recalls his experiences from Baltimore newsboy to Washington correspondent during the 50's and 60's. (B)
- 3 **A WOMAN NAMED JACKIE**, by C. David Heymann. A biography of Jacqueline Kennedy Onassis. (BW)
- 4 **ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN**, by Robert Fulghum. Inspirational essays about everyday matters. (B)
- 5 **SUMMER OF '49**, by David Halberstam. The year the Boston Red Sox and the New York Yankees battled to the last game for the pennant. (B)
- 6 **LOVE AND MARRIAGE**, by Bill Cosby. Observations on the elations and frustrations of romantic relationships. (BWK)
- 7 **A BRIEF HISTORY OF TIME**, by Stephen W. Hawking. A scientist's review of efforts to create a unified theory of the universe. (B)
- 8 **THE ANDY WARHOL DIARIES**, edited by Pat Hackett. Observations and opinions dictated by the artist and celebrity from 1976 to 1987. (BW)

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- 9 **DAVE BARRY SLEPT HERE**, by Dave Barry. A humorist's account of American history. (B)
- 10 **GREAT PLAINS**, by Ian Frazier. The history and legends of the American prairies depicted by a visitor from the East. (B)
- 11 **ABOUT FACE**, by David H. Hackworth and Julie Sherman. A career Army officer recalls his experiences in the Korean and Vietnam wars and in the Berlin wall and Cuban missile crises. (B)
- 12 **THE NIGHT THE BEAR ATE GOOMBAW**, by Patrick F. McManus. Twenty-six semi-autobiographical yarns by a devoted outdoorsman. (B)
- 13 **CITIZENS**, by Simon Schama. A history of the French Revolution. (B).
- 14 **PAPA, MY FATHER**, by Leo Buscaglia. The celebrator of the dynamics of human love recalls life with his immigrant father. (BW)
- 15 **THE BRIDESMAIDS**, by Judith Balaban Quine. Grace Kelly's wedding day in 1956 as recalled by her six attendants. (BW)

Hollandsworth named USM assistant VP for academic affairs

A veteran professor of counseling psychology has been named assistant vice president for academic affairs at the University of Southern Mississippi. Dr. James G. Hollandsworth Jr., professor and director of doctoral training programs for USM's Department of Counseling Psychology, assumed his new duties July 19. The appointment of Hollandsworth, 45, a member of the USM faculty since 1976, was announced at a regular Wednesday morning session of the Dean's Council by Dr. G. David Huffman, the university's new vice president for academic affairs.

Huffman, former dean of the USM College of Science and Technology, succeeded Dr. James Sims as academic vice president July 1. Sims, who had held the vice presidency since 1982, resigned at the end of the 1988-89 school year to return to full-time teaching and research in the English Department.

Hollandsworth, an expert on physiological bases for behavior therapy, joined the USM College of Education and Psychology faculty in 1976 and became a full, tenured professor in 1984. He had served as director of the counseling psychology doctoral training program since 1987.

He received a bachelor of arts degree in history from Davidson College, N.C., in 1966; a master's degree in guidance and counseling from the University of North Carolina at Chapel Hill in 1972; a doctorate in counseling psychology from the University of North Carolina at Chapel Hill in 1975; a master's degree in physiology and biophysics from the University of

Mississippi Medical Center in 1982; and he studied experimental psychology at the University of Oxford in Oxford, England, while on sabbatical in 1988.

Hollandsworth is a member of numerous professional organizations; has authored two books and published scores of articles in scholarly journals; has compiled an impressive record in the areas of teaching and research; and has been the recipient of numerous awards, including USM's Faculty Excellence Award for University Service during 1987-88.

JSU commencement held

Jackson State University will hold its 1989 Summer Commencement exercises at 10 a.m. Saturday, July 29 in the Lee E. Williams Athletics and Assembly Center.

The degrees will be conferred by JSU President Dr. James A. Hefner. The university's seventh president will confer 121 bachelor's degrees, 71 mas-

ter's degrees, 17 specialist in education degrees and one doctoral degree during the ceremonies.

LOCAL BRIEF

REGISTRATION

Registration will be held for vocational-technical night classes on Pearl River Community College's Poplarville campus from 4 to 7:30 p.m. Monday, Aug. 8, in the director's office of the vocational-technical building.

Classes are scheduled to begin Aug. 14, and all fees must be paid on or before that date. A minimum of 10 students must be registered for each class.

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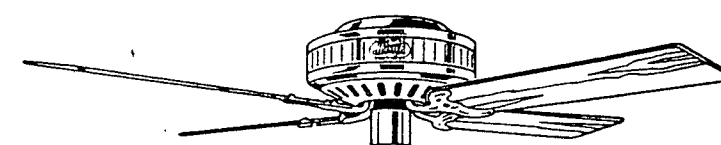
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in Mississippi Gardens

By Dr. David Nagel
Horticulturist
Mississippi Cooperative
Extension Service

Red Panther Juice is one of the more colorful brand names given to monosodium methanearsonate (MSMA). If you have a bermudagrass or zoysiagrass lawn with crabgrass, goosegrass or dallisgrass arraing its carpet-like surface, you need to become familiar with MSMA.

Early June is when all those seedlings that could have been controlled by an application of a pre-emerge herbicide in March have become full-grown plants.

It is much easier to prevent the seed from producing a seedling than to selectively kill a mature plant. However, if you didn't get around to a late winter weed control program, don't despair.

MSMA will aid in the control

the addition of a surfactant. You need to read the label.

The label also provides mix- of the worst grassy weeds. It is sold under a variety of brand names including Crabgrass Killer, Arsonate liquid, Ansar, Bueno 6, Super 3 A.G., Lawn and Turf Weed Control, Decimate Concentrate, Clean Crop and many other names.

It is often sold as just MSMA with no other name. MSMA is good for controlling grassy weeds and any of the brand names will work if used properly.

The first step in using MSMA properly is to determine the strength of the formulation. MSMA is sold in 2, 4, 6, 6.6 and 8-pound per gallon formulations. All formulations above 4 pounds per gallon contain a surfactant. Less concentrated formulations may or may not need

Herbicides aid fight with problem grasses

ing instructions. In general from 2 to 4 tablespoons of 6 pounds per gallon is needed per 1,000 square feet of lawn.

A word of caution: MSMA cannot be used on St. Augustinegrass or centipedegrass. It is for use on bermudagrass or zoysiagrass only. Even the tolerant grass may be discolored after an MSMA application.

The second step in using MSMA is to apply the herbicide when temperatures are above 85 degrees and the undesired grasses are actively growing. It normally takes three applications at seven to 10 day intervals to provide desirable control.

What about people who have St. Augustinegrass? There is Asulox which does provide post-emerge grass control, but is relatively difficult to find, and the label directions need to be followed exactly. For those with centipedegrass lawns—no such luck. There are no herbicides labeled for home owner use for post-emerge grass control. Your re-emerge weed control program is your only option.

Now let us drop grass control and move on to that old nemesis, nutsedge. At one time all one could do was to spray

monthly with MSMA and obtain control in three to five years. A second option was Basagran, but it only worked on yellow nutsedge.

Now there is Image. Image controls nutsedge in all four of our major summer turfgrasses. Its effectiveness is increased if tank mixed with MSMA on those grasses MSMA can be used on.

Summer broadleaf weed control is accomplished with 2, 4-D, Dicamba, mecoprop or mixtures of these chemicals. Always follow label directions and be very careful not to use excessive rates of 3, 4-D on St. Augustine. Allowing these chemicals to drift or applying within the drop line also could damage shrubs and trees.

Editor's Note: Dr. David Nagel is guest writing for regular columnist Milo Burnham. Dr. Burnham will return to author next week's edition of "In Mississippi Gardens."

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Rivera Productions presents 'My Fair Lady'

Riviera Productions will present the popular Lerner & Lowe musical for three performances Aug. 18, 19 and 20 at the Saenger Theatre-Biloxi.

Bill Kulick will be artistic director, making his directing debut with more than 16 years of theatre experience.

Kulick moved to the Gulf Coast in 1972 with his family from Huntington Beach, Calif. He attended Coast Episcopal High School where he starred in Coast's productions of 'Our Town,' 'Brigadoon,' 'Oklahoma,' 'Bell Book and Candle' and 'My Fair Lady.' Kulick also won state and local awards for prepared excerpts of Shakespeare's 'Taming of the Shrew' and 'Romeo and Juliet.'

Kulick attended Haverford College where he continued his acting career in Haverford's productions of 'The Beggar's Opera,' 'Damn Yankess,' and 'As You Like It.' He directed the musical 'Once Upon a Mattress.'

While in law school at the University of Mississippi, Kulick prepared and presented award winning weekly commentaries for the university

television station.

A practicing attorney in the law firm of Golden, Kulick and Carson, Kulick has assistant directed and appeared in Rivera's own 'Peter Pan,' and starred with Susan Long in 'Kiss Me, Kate.' His most recent role was Clifford Bradshaw in the KNS production of 'Cabaret.'

Tickets are now on sale at the Gulf Coast Arts Council, Coast Coliseum, Gayle Clark Artists, L & M Music and Peoples Bank in Bay St. Louis and downtown Gulfport. The Friday, Aug. 18 and Saturday, Aug. 19 shows are at 8 p.m. with reserved seating.

Tickets are \$10 advance, \$12 door. The Sunday matinee, Aug. 20, is at 2 p.m. with general admission prices \$8 advance, \$7 senior citizens and students.

Mail order is available using check, Visa, or Mastercard to Riviera Productions, Box 4148, Biloxi, MS 39535. For additional information call 896-9339 or 868-8210.

IN BRIEF

ARTIST FEATURED

Ocean Springs artist David Harris Jr. will be featured during August and September at Gulf Coast Research Laboratory's J. L. Scott Marine Education Center and Aquarium in Biloxi.

Harris' pastels and charcoals are part of a continuing exhibit of environmental, marine and aquatic artwork displayed at the MEC&A, located at Point Cadet in Biloxi.

The center is open from 9 a.m. to 4 p.m. daily except Sunday. Admission is \$2 for adults, \$1 for senior citizens and children ages 3-16, and 50 cents for groups who make advance arrangements.

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INTERNATIONAL STUDENT EXCHANGE PROGRAMS

Hancock Humane Society plans Sept. spay-neuter drive

In an attempt to get a handle on the pet over population explosion, the Hancock County Humane Society will once again hold a big spay-neuter assistance drive in the month of September.

To the usual monthly budgeted amount of \$400, the group will add \$1,000 to be given out in September to Hancock County residents who need financial assistance to spay or neuter their pets.

The ideal time for spaying a female dog is at or after six months of age. A female dog does not have to come into heat

before being spayed. In fact, spaying before the first heat cycle reduces the chances of mammary gland tumors, many of which are malignant.

One study showed a 200 times less chance of mammary gland tumors if the dog was spayed before the first heat versus after the first heat. It is recommended to have the pet up to date on its vaccinations, deworming and heartworm prevention.

Male dogs need to be neutered also. Advantages of castration include decreased roaming and decreased male

territory aggressiveness. The surgery is not as complicated as spaying and again it is recommended to be up to date with vaccinations, heartworm prevention and deworming.

Because there are so many unwanted animals that are taken into the shelter and euthanized from outside of Waveland and Bay St. Louis, the society hopes that the message will reach the outlying areas of Pearllington, Kiln and the northern part of the county.

Humane Society President Thyla Rogers asks everyone to spread the message, "the only

humane way to control our animal population is to spay or neuter the potential parent."

"If you know of someone who is carelessly allowing their dogs or cats to breed, please speak up, make them aware of the problem they are creating by their negligence and tell them that help is available," said Rogers.

Call the Hancock County Humane Society at 467-7686 or Janice Lynn at 467-6753. During the month of September, the Humane Society has a special number to call, Ruth Patterson at 466-3096.

State officials begin planning for arrival of African bees

They're mean, they're mobile and they may be in Mississippi sooner than you think.

Africanized honey bees, offspring of 26 colonies that were accidentally released in Brazil in 1957, are moving northward through Mexico and may enter southwestern Mississippi sometime in 1991, say Mississippi State University scientists.

Given their proven migration capabilities, the so-called "killer bees" could be a permanent problem for the entire southern United States from South Carolina to California.

The state is already planning for the bees' response to the threat. In 1988, the Mississippi Agricultural and Forestry Experiment Station and Mississippi Department of Agriculture Service conducted an experiment to determine the bees' reaction to various pesticides and insecticides.

Both public and private agencies.

The April meeting was the first organized effort to marshal state resources to deal with the situation.

"It was an exploratory meeting to determine first, whether an advisory committee was needed to develop state-wide plans and, second, whether that committee should be on that committee," said Dr. Clarence H. Collins, head of the MSU entomology department. "The decision was unanimous to proceed."

In addition, the university, which has been contacted or consulted by telephone, is planning the second

meeting in the Mississippi Extension Service Emergency Management Agency, Division of Extension and Wildlife Management, and the Health Department.

It became obvious they would eventually reach this country. Tougher than the docile European honey bees found throughout the U.S., the African bees can fly a dozen miles or more without rest.

Extension entomologist James H. Jarratt, who took the lead role in organizing the meeting, said the most current information on the bees' migration has the northernmost swarm located approximately 420 miles south of Brownsville, Texas. The border city, located at the southern tip of Texas, is expected to be the bees' point of entry into the U.S.

"Given the fact that the bees can migrate from 200-300 miles a year, that would put them in the Brownsville area anytime from May to June of 1990," Jarratt said.

"Looking at the same potential for miles of migration per year, that means they probably could reach Mississippi in as little as two years."

Collison said the bees' arrival will likely mean problems for Mississippi agriculture, particularly fruits, vegetables and other crops that rely on bees for pollination.

"It will also be a people problem," Collison added, "in that innocent citizens who accidentally come in contact with the bees could experience multiple stings, since it is their nature to attack en masse anything that disturbs them."

Since 1957, the ferocious swarms are conservatively estimated to have killed more than 700 people in Latin America and stung at least another 70,000 seriously enough to require medical attention.

Jarratt said complete eradication of the swarms will not be an option. To even attempt it would be "a monumental task," he said.

But by being prepared, Collison said the state can ultimately lessen the total response cost. Estimating the cost of the state's response will be one of the areas to be addressed by the committee.

"Hopefully, funding arrangements can be made easier by having in place plans for managing the bees prior to their arrival," he said.

Hancock chapter Red Cross seeks to identify shut-ins

The Hancock County Red Cross chapter is seeking to identify shut-ins in the area.

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Free legal advice offered on 'Legal Line' Wednesday

The "First Wednesday Legal Line" offers the public an opportunity to call for legal information and referral services for a specific problem.

This service is especially intended for elderly, handicapped and low-income individuals who may not have access to an attorney or who may not know whether the problem requires the assistance of one.

However, everyone with a question about the law is encouraged to call.

The "First Wednesday Legal Line" offers the public an opportunity to call for legal information and referral services for a specific problem.

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9 am-6 pm
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He's Ready, He's Willing, He's Able. Who is This Guy?

He's the man behind the scene making sure that you get the best quality and cuts of the meat that you've come to enjoy. So come in and meet him. Your WINN-DIXIE Market Manager is there to serve you!



U.S.D.A. CHOICE UNTRIMMED 10-14 LB. AVG.

WHOLE BONELESS RIB EYES

\$3.99

LB.

W-D U.S.D.A. CHOICE BEEF
SPARE RIBS
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2 LITER COKE, DIET COKE, C/F COKE, C/F
DIET COKE OR CLASSIC

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89¢

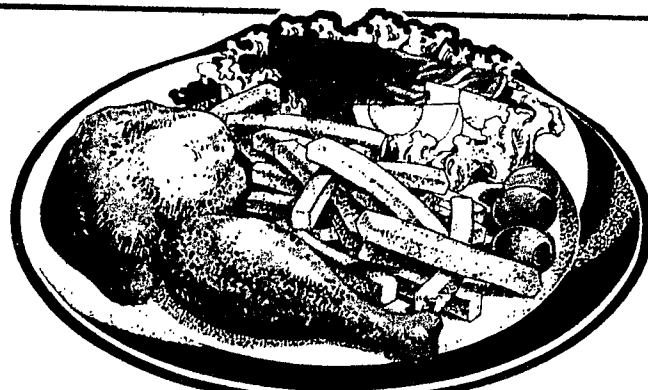
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AVAILABLE AT THESE MISSISSIPPI LOCATIONS: HWY. 90 & MAIN STREET, BAY ST. LOUIS; HWY. 90 AT
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39¢

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HARVEST FRESH GOLDEN RIPE

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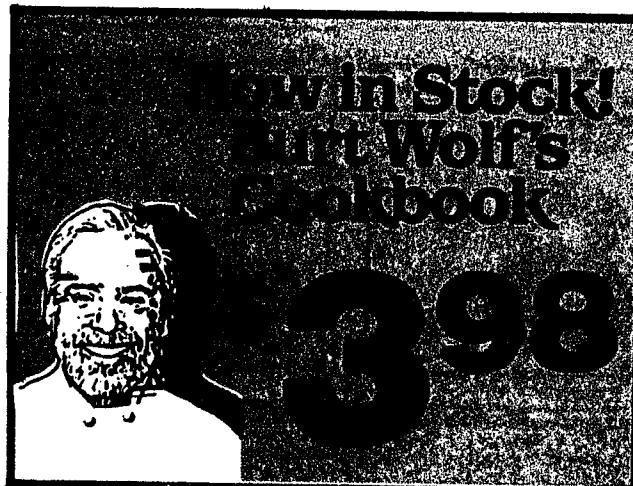
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LBS.
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7 DAYS A WEEK
(See Store for Details)

PRICES GOOD
JULY 27 - AUGUST 2, 1989



Value!

Pricing..

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- ✓ DOUBLE Coupons
- ✓ Power Buys
- ✓ Courteous Service
- ✓ Wise Buys
- ✓ Clean Stores

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Here's Some of His Weekly Choice Buys!!!



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U.S.D.A. CHOICE BEEF L. TRIMMED
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WHOLE BRISKETS

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LB.

U.S.D.A. CHOICE BEEF WHOLE
Trimmed Briskets

LB 1.79



MADISON HALF BONELESS
TURKEY HAMS

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LB.

DELI-BAKERY

DELI FULLY COOKED REAL-PIT-BBQ PLUMP JUICY
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FOR

DELI BAKERY FRESH DELICIOUS LOUISIANA KRUNCH,
CHOCOLATE MOUND, BANANA PRALINE OR PINEAPPLE
UPSIDE DOWN
FRESH CAKES

\$3.49

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AVAILABLE AT DELI STORES ONLY

TASTE-O-SEA 1 LB. PEELED &
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BAG

SEAFOOD KITCHENS 2 LB.
FISH STICKS

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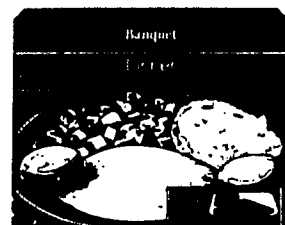


W-D MARKET STYLE SLAB
SLICED BACON

99¢

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DELI FRESH DELICIOUS CREAMY 14 OZ. CTN
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DELI FRESH SLICED HERRICH LERN
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DELI FULLY COOKED PLATE LUNCH SPECIAL 1 1/2
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WITH ALL THE FIXIN'S

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DELI BAKERY FRESH DELICIOUS LEMON LOG
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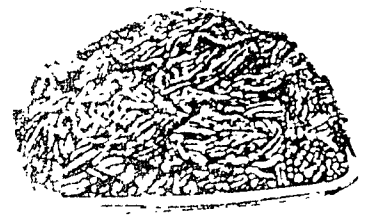
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Pork Riblets LB. .69
Spare Ribs LB. 1.59
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Boneless Hams LB. 1.99

W-D FRESH 1 LB. MILD, MEDIUM OR HOT
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PALMETTO FARM, ALL VARIETIES, 16 OZ.
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Pimento Cheese CUP .99
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TYSON 7 OZ. CHICK N QUICK SOUTHERN FRIED CHUNKS
BREAST PATTIES, CHICK N CHUNKS, BREAST FILLETS, SO
FRIED BREAST TENDERS, SO FRIED BREAST PATTIES OR
Breast Chunks PK. 2/5.00
THRIFTY MAID 8 OZ.
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THRIFTY MAID 8 OZ.
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SUN VALE FROZEN 10 OZ. SLICED
Strawberries 4/1.99


SUPERBRAND ASSORTED
Super Hunk Cheese LB. 2.39
SUPERBRAND 64 OZ. CHILLED
Orange Juice 1.39
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Cottage Cheese99
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Sour Cream69
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Yogurt 2/.89



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GROUND CHUCK

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YOUNG TENDER (THIN, CUBED OR REGULAR)
BEEF LIVER

79¢

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ASTOR 12 OZ. FROZEN CONCENTRATE
ORANGE JUICE

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SUPERBRAND 1 LB.
MARGARINE QUARTERS

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TROPICANA 64 OZ. REGULAR OR
HOMESTYLE CHILLED
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FOR 200 CT. NOTEBOOK
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PENCILS

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EA.

24 CT. CRAYOLA
CRAYONS

98¢

EA.

10 CT. BLUE OR BLACK
BIC PENS


78¢

EA.

15 OZ. ASSTD. CONDITIONER OR
IVORY SHAMPOO

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FRESH SEAFOOD

40-50 CT. (STEAMED FREE) HEADLESS SHRIMP	(EXCELLENT TO PAN FRY) H & G CROAKERS	(EXCELLENT TO BROIL) TURBOT WHITEFISH FILLETS	POND RAISED CATFISH NUGGETS
<h1>\$4.99</h1> LB.	<h1>\$1.19</h1> LB.	<h1>\$2.99</h1> LB.	<h1>\$1.89</h1> LB.
	(EXCELLENT TO BROIL) OCEAN PERCH FILLETS	IMITATION SALAD CRAB MEAT	DRESSED WHOLE CATFISH
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4 ROLL PACK ASSTD. COLORS OR DECORATOR

ANGEL SOFT TISSUE

99¢

8 ROLL WHITE OR YELLOW
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48 OZ. PLASTIC BOTTLE
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HARVEST FRESH

LARGE TOMATOES

79¢

LB.

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	THRIFTY MAID 16 OZ. CUT SWEET POTATOES 2 FOR 88¢

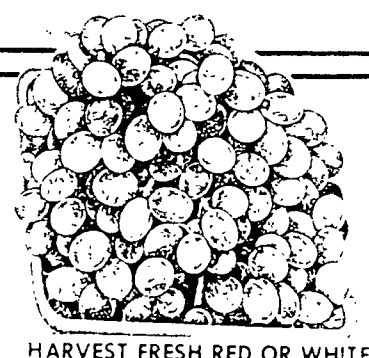


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SEEDLESS GRAPES

\$1.19

LB.



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99¢



CRACKIN' GOOD 10 OZ. ASSORTED

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Corn Chips	.99
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Apple Juice	1.59
13 OZ. BAG ADC OR REGULAR	
RT Coffee	1.59
13 OZ. BAG REGULAR ADC OR E P	
Astor Coffee	1.79
16 OZ. BONUS PACK	
Astor Creamer	1.29

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Plums	LB .79
HARVEST FRESH	
Cabbage	3 LBS FOR 1.00
HARVEST FRESH	
Avacaodos	EA .79
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Valencias	BAG 1.79
HARVEST FRESH	
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12 PK 12 OZ. CANS REGULAR OR LIGHT

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32 large diapers
48 medium diapers
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10 LB. BAG LONG GRAIN

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\$1.79

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An 8 x 10 30 piece puzzle of your favorite photo. Made from prints, negatives or slides.

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Creamer.....	7.99	Two Coffee Mugs.....	6.99
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Illusions

Porcelain Dinnerware

This Week's Feature Item

A SCENE I B REPRISÉ
C. CENTER STAGE

69¢

Only

VALUABLE COUPON

Save \$1.00

Towards the Purchase of a Covered Casserole

Regular Low Price \$24.99
Coupon Savings \$1.00
Price with Coupon \$23.99

COUPON VALID JULY 27 - AUG 2 1989

VALUABLE COUPON

Save \$1.00

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COUPON VALID JULY 27 - AUG 2 1989

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Personal Hygiene is most important for your Back-To-Schoolers. We offer a complete line of Health and Beauty Aids reasonably priced for those tight budgets. So when you need more than groceries, run right over to your nearby WINN-DIXIE. We're your Back-To-School Headquarters.

WINN-DIXIE

America's Supermarket

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\$100 OFF ANY Maybelline PRODUCT



Limit one per customer
Offer good July 27 - August 2 1989

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America's Supermarket

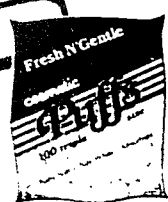
11 OZ ASSORTED SHAMPOO CONDITIONER OR 7 OZ ASSORTED AEROSOL HAIR SPRAY

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1.99
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FRESH N GENTLE 300 CT WHITE
RAYON PUFFS



FOR

ULTRA CARE 6 OZ REGULAR OR LEMON
POLISH REMOVER



2.99
FOR

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SECRET ANTI-PERSPIRANTS



2 OZ. SOLID \$2.39 EA
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15 OZ N OILY OR N DRY SHAMPOO
HEAD & SHOULDERS



\$3.59

15 OZ ASSORTED CONDITIONERS OR
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\$1.49

6.4 OZ REGULAR, MINT, GEL, TARTAR
CONTROL GEL OR PASTE

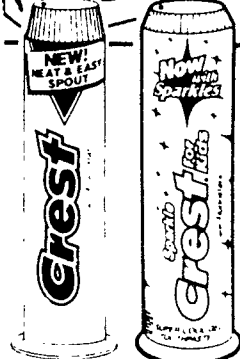
CREST TOOTHPASTE



\$1.49

4.6 OZ REGULAR MINT, GEL MINT, TARTAR
CONTROL REGULAR GEL OR KID'S

CREST PUMP



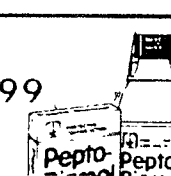
\$1.69

32 OZ
SCOPE
Mouthwash



3.99

8 OZ. LIQUID OR 24 CT. TABLETS
Pepto Bismol



2.49

ASSORTED SCENTS
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4 OZ SPRAY 1.79
1.5 OZ ROLL-ON 1.59



2 OZ SOLID \$1.79

FREE
BACK TO SCHOOL
Officially Licensed
College Jacket

BY MAIL (plus \$2.95 postage and handling)
When you buy five of these nine Procter & Gamble Health and Beauty Care Products

See our display for complete details. Mail in by September 30, 1989.



24 CT TABLETS OR
NUPRIN CAPLETS



2.5 OZ. ASSTD. FRAGRANCES
IMPULSE BODY SPRAY



\$1.59

5 OZ SUPER HOLD
VITALIS SPRAY



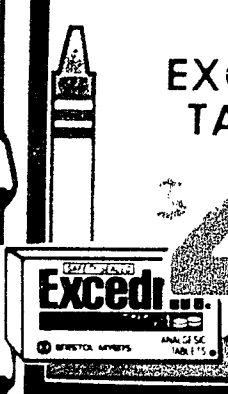
\$2.29

6.5 OZ. AMMENS
MEDICATED POWDER



\$1.89

100 CT
EXCEDRIN TABLETS



\$4.89

60 CT VITAMINS
FLINTSTONES COMPLETE



\$4.99

ASSORTED
COVER GIRL NAILSLICKS



99¢ EA.

12 OZ.
ALLERGAN LENS PLUS



\$4.19

16 OZ MEDIC HYDROGEN PEROXIDE OR 70% ISOPROPYL

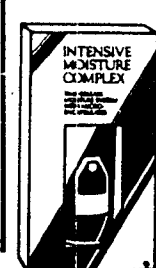
MEDIC ALCOHOL



3.99 FOR

4 OZ. REGULAR, SENSITIVE SKIN OR 1.7 OZ INTENSIVE MOISTURE COMPLEX

OIL OF OLAY



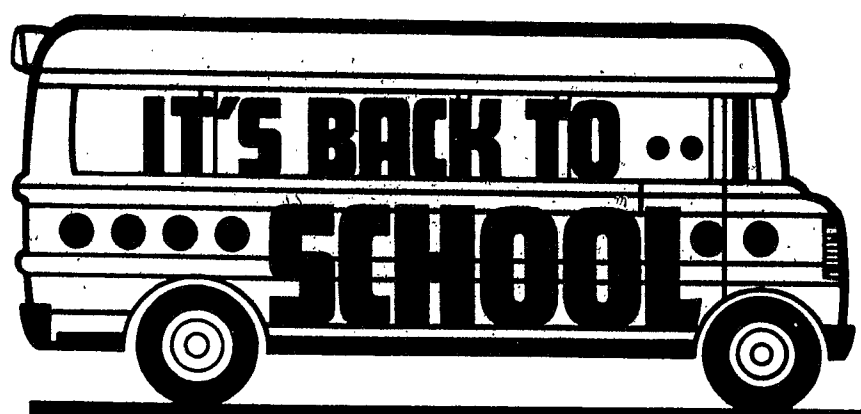
\$4.79

6 OZ ADULT CARE OR 32 CT. DOUBLECLEAR MAXIMUM STRENGTH PADS

CLEARASIL



\$2.49



*with Quality
and Savings*

FOR YOUR LITTLE RASCALS!

Back to school brings excitement. And we at WINN-DIXIE are excited to send your little ones back to school with quality and complete savings. So, let

your child be head of the class with these great Back-To-School Values from WINN-DIXIE!

YOU'RE GOING TO SEE THE DIFFERENCE

<p>POCKET, PRONG OR POCKET/PRONG PORTFOLIOS</p> <p>6 FOR 98¢</p>	<p>70 CT. ASSTD. COLORS COMPOSITION BOOKS</p> <p>48¢ EA.</p>	<p>24 CT. TUCK BOX CRAYOLA CRAYONS</p> <p>98¢ EA.</p>	<p>TWIN PENCIL SHARPENERS</p> <p>4 FOR 88¢</p>
<p>12 INCH PLASTIC RULER</p> <p>4 FOR 88¢</p>	<p>5 CT. CAP ERASERS</p> <p>4 FOR 88¢</p>	<p>CHILD'S ABC TABLET</p> <p>68¢ EA.</p>	<p>10 CT. PENCILS</p> <p>48¢ EA.</p>
<p>10 PACK BLACK OR BLUE BIC PENS</p> <p>78¢ EA.</p>	<p>COLOR ME SCHOOL BOX</p> <p>48¢ EA.</p>	<p>CANVAS NOTEBOOK</p> <p>\$1.48 EA.</p>	<p>TRAPPER KEEPER</p> <p>\$4.88 EA.</p>

THERMOS
SCHOOL KIT

\$4.48 EA.

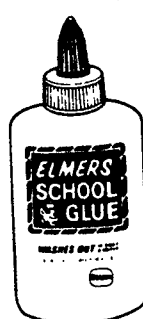
200 CT.
NOTEBOOK
FILLER PAPER

68¢ EA.

STYLE #126 OR #755 ASSORTED
SATINSKIN
PANTYHOSE

88¢ PAIR

ASSORTED SATINSKIN
Knee Hi's PAIR .88



4 OZ. ELMER'S
SCHOOL
GLUE-ALL

48¢ EA.

3 PAIR
GIRL
ANKLETS

\$3.88 PK.



4 PACK EVEREADY ENERGIZER
"AA" Batteries **2.88**
2 PACK EVEREADY ENERGIZER
"AAA" Batteries **1.88**
EVEREADY ENERGIZER 2 PK. "C",
"D" OR SINGLE
9-Volt Battery **2.28**



COMBINATION
MASTER
LOCK

\$2.88 EA.

PRICES GOOD
JULY 27 - AUGUST 2, 1989
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INC. 1989


WINN DIXIE
America's Supermarket

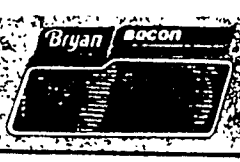



BRYAN


BRYAN 1 LB.
JUICY JUMBOS
 **\$1.89**
PK.

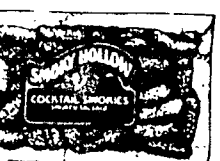
12 OZ.
BRYAN WIENERS
 **\$1.49**
PK.

1 LB. PACK BEEFY, CHEESY OR HOT
BRYAN JUMBOS
 **\$2.19**
PK.

BRYAN 1 LB. PACK
SLICED BACON
 **\$1.89**
PK.

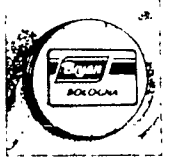
12 OZ. LOW SALT OR MESQUITE
BRYAN BACON
 **\$1.59**
PK.

BRYAN 1 LB. PAMPERED PORK SAUSAGE OR
LEANER SAUSAGE
 **\$1.99**
PK.

1 LB. SMOKY HOLLOW
COCKTAIL SMOKIES
 **\$2.99**
PK.

SMOKY HOLLOW REGULAR OR HOT
SMOKED SAUSAGE
 **\$2.49**
LB.

SMOKY HOLLOW BEEF
SMOKED SAUSAGE
 **\$2.59**
LB.

12 OZ. PACK BRYAN REGULAR, HOT OR BEEF
BRYAN BOLOGNA
 **\$1.69**
PK.


PRICES GOOD JULY 27 - AUGUST 2, 1989

FROZEN FOODS

7 1/2 OZ. ASSORTED
BANQUET ENTREES
 **\$1.19**
EA. 

12 CT. SUGAR FREE
POPSICLES
 **\$1.99**
PKG.


12 CT. SUGAR FREE
CREAMSICLES OR
FUDGESICLES
 **\$2.39**
PKG.


12 CT. REGULAR
DISNEY POPS
 **\$1.99**
PKG.


12 CT. DISNEY CREAM POPS,
MICKEY MOUSE BARS OR
PUDDING POPS
 **\$2.59**
PKG.

ORE IDA 7 OZ.
TOASTER HASH BROWNS
 **89¢**

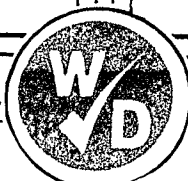
FLORIDA GOLD 12 OZ. CONCENTRATE
ORANGE JUICE
 **\$1.65**

EL CHARRITO 6 OZ.
ASSORTED BURRITOS
 **2 \$1.29**
FOR

WELCH'S 12 OZ. PURPLE
CONCENTRATE GRAPE
JUICE
 **99¢**

SARA LEE 10 1/2 OZ.
POUND CAKE
 **\$2.19**

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KOOL-AID

2 QUART ASSORTED FLAVORS
UNSWEETENED
KOOL-AID
 **6 \$1**
FOR

WINN-DIXIE COUPON
SAVE 72¢
WITH THIS COUPON WHEN YOU BUY 12 2-QT. ENVELOPES
OF **Kool-Aid** SOFT DRINK MIX
UNSWEETENED SOFT DRINK MIX
12 2-QUART ENVELOPES **\$1.28**
WITH COUPON
ONE COUPON PER FAMILY - OFFER EXPIRES 8 2 89

WINN-DIXIE COUPON
SAVE \$1.00
WITH THIS COUPON WHEN YOU BUY
2 8-QUART CANISTERS
 **\$4.98**
WITH COUPON
ONE COUPON PER FAMILY - OFFER EXPIRES 8 2 89

CRYSTAL LIGHT
 **\$2.99**

WINN-DIXIE COUPON
Save \$1.00
WITH THIS COUPON WHEN
YOU BUY TWO 8-QT. CANS OF
COUNTRY TIME
LEMONADE FLAVOR DRINK MIX
8 QT. SIZE CAN ONLY **\$4.98**
WITH COUPON
ONE COUPON PER FAMILY - OFFER EXPIRES 8 2 89

WINN-DIXIE COUPON
SAVE 60¢
WITH THIS COUPON WHEN YOU BUY AN 8 QT. SIZE CAN OF
COUNTRY TIME
LEMONADE FLAVOR DRINK MIX
8 QT. SIZE CAN ONLY **\$1.89**
WITH COUPON
ONE COUPON PER FAMILY - OFFER EXPIRES 8 2 89

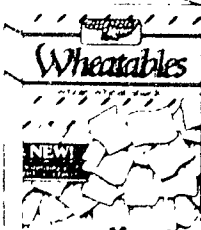
COUNTRY TIME
 **\$2.49**

16 OZ. KEEBLER DOUBLE FUDGE,
PEANUT BUTTER, VANILLA OR REGULAR
E.L. FUDGE COOKIES
 **\$1.99**

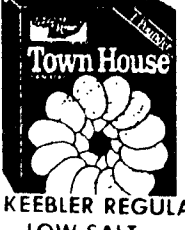
12 OZ. KEEBLER CHOC. CHIP OR
WALNUT CHOC. CHIP
SOFT BATCH COOKIES
 **\$1.69**

10 OZ. KEEBLER HONEY OR CINNAMON
GRAHAM THIN BITS
 **\$1.49**

KEEBLER 6.5 OZ. ORIGINAL OR BBQ
RIPPLINS
 **\$1.09**

12 OZ. FAMILY SIZE
WHEATABLES
 **\$2.29**

10.5 OZ. RANCH, NACHO OR
SALSA
SUNCHEROS
 **\$1.69**

16 OZ. KEEBLER REGULAR OR
LOW SALT
TOWN HOUSE CRACKERS
 **\$1.99**

PRICES AN
DAY, AUG
Bay
MARKETOV

We do e
Espe

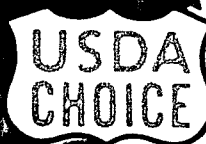
QUANTITY RIGHTS
NONE SOLD TO DE
FOOD STAMP
SHOPPERS WELCO

PRICES AND OFFERS IN THIS AD ARE GOOD ONE FULL WEEK, WEDNESDAY JULY 26 THRU TUESDAY, AUGUST 1, 1989 AT JITNEY JUNGLE IN
Bay St. Louis
 MARKETOWN SHOPPING CENTER, HWY 90 AT DUNBAR AVENUE

NOTICE...WE WILL REDEEM
 the value of **DOUBLE MANUFACTURERS' COUPONS**
Up To 50¢!
COUPONS OVER 50¢ WILL BE REDEEMED AT FACE VALUE



*We do everything special...
 Especially for you!*



Whole Boneless Rib Eyes

11 TO 14 LB. AVERAGE, SLICED FREE!
 USDA CHOICE GRAIN FED HEAVY BEEF

We've got it...
Great Beef

3.59
 lb.



Heinz Barbecue Sauce

18 OZ. BOTTLE, OLD FASHIONED, ORIGINAL, SMOKE, ONION, CHUNKY, CAJUN OR HAWAIIAN

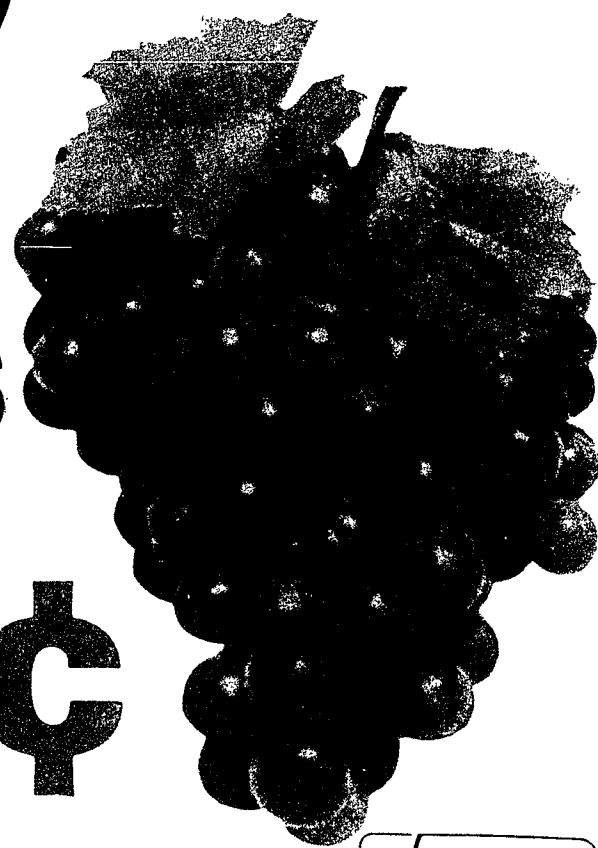
68¢

10 OZ. BOTTLE Heinz 57 Sauce... 249

Red Flame Grapes

CALIFORNIA SWEET & SEEDLESS

88¢
 lb.



THE FASTEST WAY TO SEND MONEY



Mega Shortening

42 Oz. Can

Free!
 With \$10.00 Additional Purchase

Store Coupon
 42 OZ. CAN

Mega Shortening FREE

WITH THIS COUPON & \$10 ADDITIONAL PURCHASE
 LIMIT 1 CAN WITH THIS COUPON & \$10 ADDITIONAL PURCHASE. LIMIT 1 COUPON PER FAMILY. COUPON GOOD THRU AUGUST 1, 1989 AT
 JITNEY JUNGLE IN BAY ST. LOUIS
 Additional Purchases 1.39

No. 399

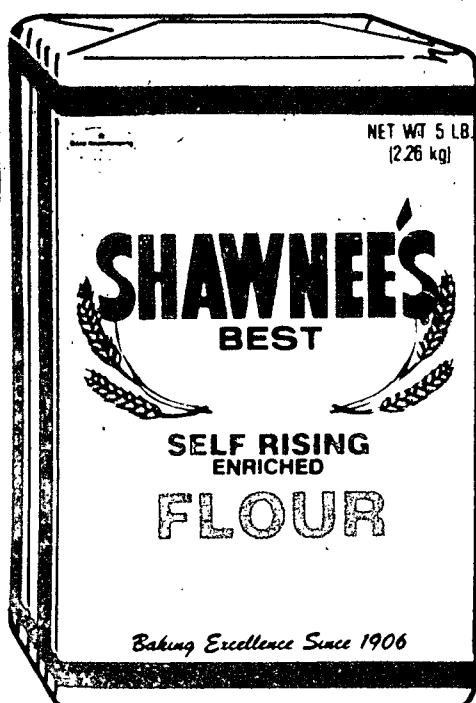
\$-1.39



Save this week on these

Shawnee's Flour

5 Lb. Bag, Self-Rising



68¢

Limit 1
Additional
Purchases 79¢

Sparkle Towels

Large Roll, Designer
or Microwave White



48¢

Limit 2
Additional
Purchases 69¢

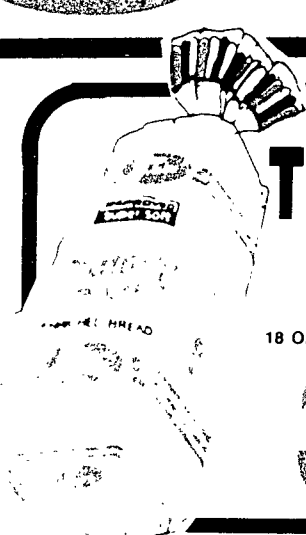


2 Liter Coke

PLASTIC BOTTLE, COKE,
COCA-COLA CLASSIC,
DIET COKE OR TAB

12 OZ. CANS, SAME FLAVORS AS ABOVE
6-Pack of Coke.....

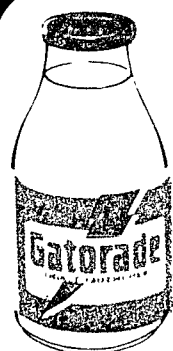
189



Top Fresh Bread

18 OZ. WHITE ROUND TOP LOAF

3\$1



Gatorade Thirst Quencher

32 OZ. BOTTLE, ASSORTED

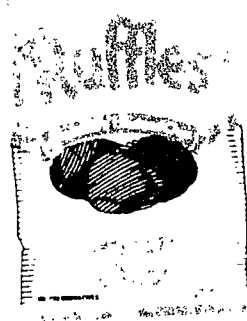
86¢



Pork & Beans

16 OZ. CAN, FOOD CLUB

3 for 89¢



Ruffles Chips

6 1/2 OZ. BAG, POTATO CHIPS

99¢



Apple Juice

48 OZ. BOTTLE, TREE TOP

99¢



Spaghetti Sauce

32 OZ. JAR, ASSORTED RAGU
HOMESTYLE

129



Food Club Drinks

12 OZ. CANS ASSORTED

69¢



Schlitz Beer

12 OZ. CANS, REGULAR ONLY,
NOT COLD, VOID WHERE PRO-
HIBITED BY LAW

199

6-pack



Ritz Crackers

16 OZ. BOX, REGULAR
OR LOW SALT

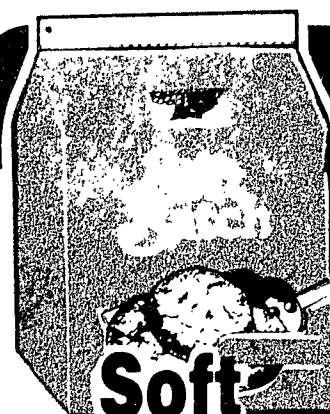
199



Luzianne Tea Bags

BOX OF 100

199



Soft Batch

12 OZ. PKG. KEEBLER, CHOCOLATE CHIP,
MINT, SUGAR, WALNUT, OATMEAL, RAISIN,
PEANUT BUTTER OR CHOCOLATE CHIP
PEANUT BUTTER COOKIES

149

Keebler Snacks



Suncheros

10 1/2 OZ. BAG,
KEEBLER, RANCH,
NACHO OR SALSA
CHIPS

169



E.L. Fudge

16 OZ. PKG., KEEBLER
PEANUT BUTTER CREME,
VANILLA, FUDGE CREME OR
DOUBLE FUDGE
SANDWICH COOKIES

189



Honey Grahams

16 OZ. PKG., KEEBLER,
HONEY CINNAMON
CRISPS OR
PLAIN

199



Mazola Margarine

1 LB. PACKAGE OF 4
WRAPPED STICKS, REGULAR OR
UNSALTED CORN OIL MARGARINE

89¢

Dairy Department



Light 'n Lively

8 OZ. CARTON,
ASSORTED
REGULAR OR
"100" YOGURT

2 for 79¢



French Onion Dip

8 OZ. CARTON,
SEALTEST

69¢



Sour Cream

16 OZ. CARTON,
SEALTEST

109

Great Summertime Specials!

Angel Soft

Package of 4 Rolls, Soft Prints, White or Pastel Bathroom Tissue

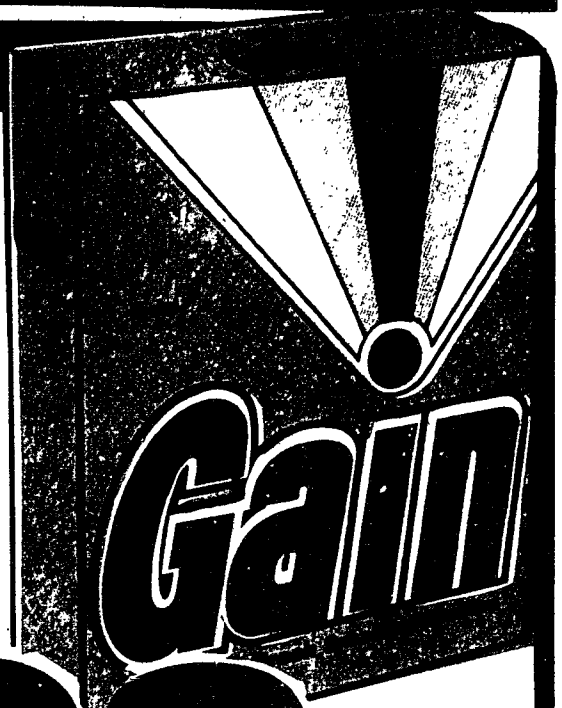


88¢

Limit 2 Additional Purchases 99¢

Gain Detergent

42 Oz. Box, Laundry Detergent, Pre-Priced at 1.79



1.38

Limit 1 Additional Purchases 1.49



Baking Soda

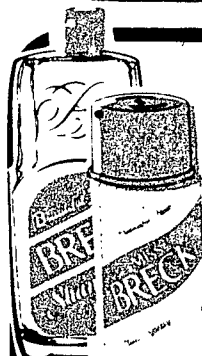
1 LB. BOX, ARM & HAMMER

2.79¢



Purina 100

4 \$1



Breck Shampoo

99¢

BUY 1 GET 1 FREE AT THE CHECK OUT!

BUY: Any One (1) box of Rice-A-Roni® Rice Dishes
PRESENT: This coupon to the cashier along with purchase
RECEIVE: Any One (1) box of Rice-A-Roni® Rice Dishes **FREE!**



Shawnee's Meal

5 LB. BAG, SELF-RISING CORN MEAL

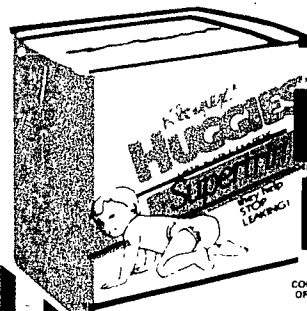
99¢



Come 'n Get It

10 LB. BONUS BAG, DOG FOOD

4.99



Huggies Diapers

10.29

RICE RONI

RICE RONI



Liquid Joy

22 OZ. BOTTLE, DISHWASHING DETERGENT, 40¢ OFF LABEL

99¢



Downy Sheets

PACKAGE OF 36 FABRIC SOFTENER SHEETS, 39¢ OFF LABEL

1.99



Deep Woods Off!

6 OZ. AEROSOL, INSECT REPELLANT

2.99

"Let's Get Organized to Travel!"



Incredibly priced from

2.99

BUY AT 70% OFF

With Our Luggage Promotion Win A FREE TRIP TO HAWAII



Eagle Brand Ice Cream

HALF-GALLON CARTON, BORDEN

3.49

Frozen Foods



Apple Juice

12 OZ. CAN, TREE TOP, FROZEN CONCENTRATE

99¢



Corn on the Cob

PACKAGE OF 4 EARS, DRE-IDA, FROZEN

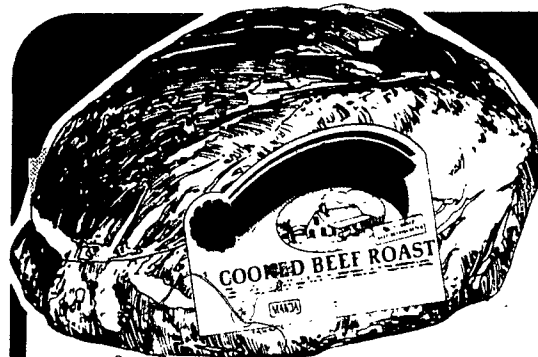
1.59



Edwards Pie

12 OZ. PACKAGE, FROZEN CHOCOLATE LEMON OR COCONUT

2.99



Roast Beef

MANDA CAJUN STYLE, ROAST BEEF OR ROAST PORK

3.99 lb.

Deli & Bakery

AVAILABLE AT MOST LOCATIONS

Roddenberry's Pickles

YOUR CHOICE OF WHOLE, HALF OR BREAD & BUTTER DELI STYLE PICKLES

1.59

Pineapple Pie

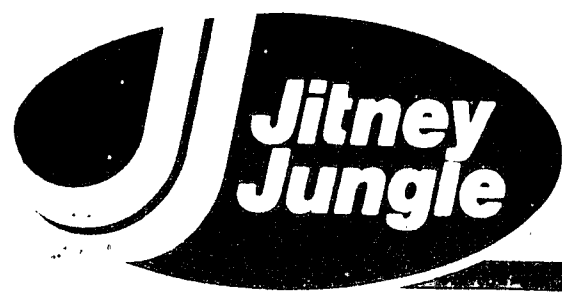
PIE OF THE WEEK!

2.19

Lemon Cake

CAKE OF THE WEEK!

3.99



Great Meat

Sale



Eye Steaks

BONELESS, FAMILY
USDA CHOICE, GRAY
FED HEAVY BEEF

449

lb.

We've got it...

Great Beef



Pork

139

lb.

FAMILY PACK,
FIRST CUT



Sausage & Biscuits

9 1/2 OZ. PKG.
TENNESSEE
PRIDE

pkg. **139**



Pork Chops

FAMILY PACK,
CENTER CUT

lb. **259**



Fish Sticks

2 LB. BOX,
BREADED
FISH STICKS OR
FISH PORTIONS,
SEA TREASURE

box **229**



Whiting Fillets

2 1/2 LB. BOX,
SKIN-ON

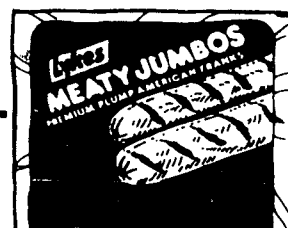
box **299**



Corn Dogs

1 LB. PKG.,
SANDERSON
FARM
REGULAR
OR BEEF

lb. **129**



Jumbo Franks

1 LB. PKG.,
LYKES
MEATY
JUMBOS

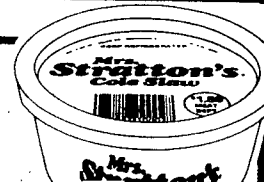
lb. **109**



Sliced Bologna

12 OZ. PKG.,
DECKER,
ALL MEAT

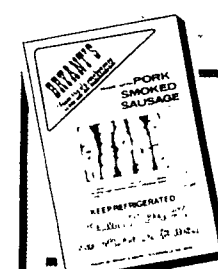
pkg. **99¢**



Mrs. Stratton

7 OZ. CUP,
CHICKEN, HAM,
PIMENTO CHEESE,
BACON &
CHEDDAR OR
JALAPENO
SPREAD

ea. **109**



Smoked Sausage

3 LB. BOX,
BRYANT'S,
PORK OR BEEF

box **479**



Boneless Ham

3 LB. AVERAGE,
LYKES FAMILY
FAVORITE
HAM HALVES

lb. **199**



Sliced Bacon

12 OZ. PACKAGE,
DECKER

pkg. **109**



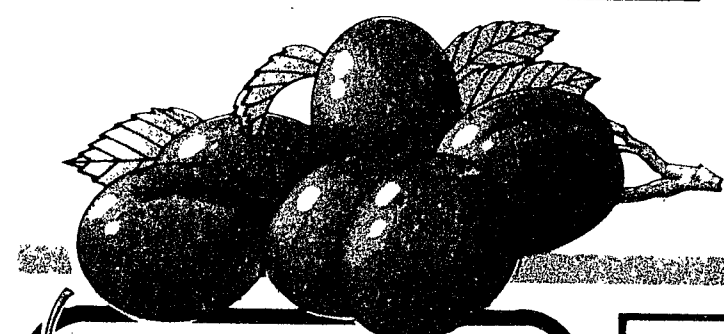
Chicken Nuggets

6 OZ. PAK,
BREADED
CHICKEN BREAST
NUGGETS

lb. **199**

Fresh

PRODUCE



California Plums

Sweet and Delicious
Red or Black Plums

59¢

lb.

Mix & Match Sale!



Zucchini Squash

FRESH AND DELICIOUS

59¢

lb.

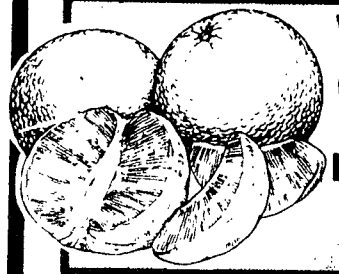


Red Delicious Apples

WASHINGTON STATE, EXTRA FANCY,
JUMBO SIZE 42'S

67¢

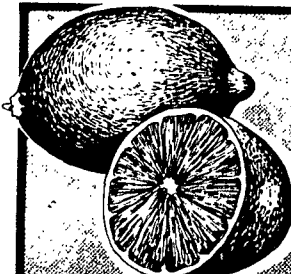
lb.



Valencia Oranges

CALIFORNIA, SWEET,
SIZE 133

7 for \$1

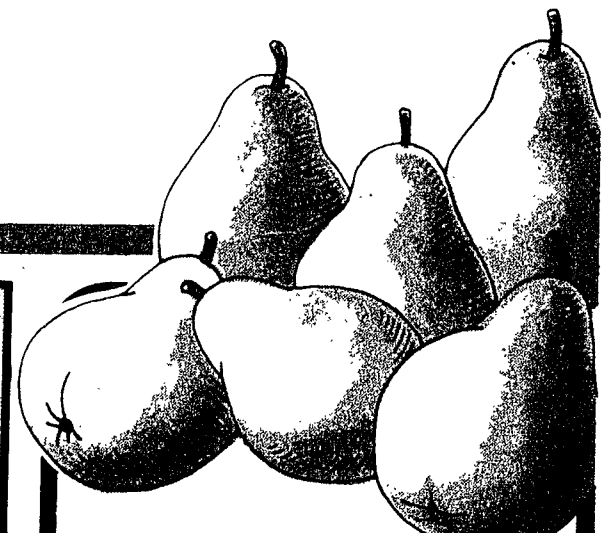


Fresh Limes

THE PERFECT GARNISH

89¢

lb.



Bartlett Pears

"New Crop" First of the
Season, Green, Large Size

79¢

lb.

Full Service Floral Shops

AVAILABLE ONLY IN STORES WITH FULL SERVICE FLORAL SHOPS

Streamline Bouquet

Beautiful,
Fresh Cut

299

ea.

Fresh Cut Gladiolas

5-Stem
Bunch

199

ea.



THE GOLDEN AGE



9

Sausage
4.79

s Ham
1.99

acon
1.09

uggets
1.99



ett
's

The latest philosophy on gallstones and treatment

① The gallbladder was first accurately described nearly 2,400 years ago by Aristotle, the great philosopher and scientist who systematized the knowledge of his time. However, not even he understood how the gallbladder worked or where gallstones came from.

In the Renaissance, a distinguished physician, Jean Fernel of Amiens, described the agonies of patients with obstruction of the gallbladder, detailing symptoms including abdominal swelling, chills and fever, tremendous discomfort and even death.

Today, an estimated 25 million Americans have gallstone disease and approximately one million new cases are diagnosed each year. The disease is three to four times more common in women than in men.

Older people are most prone to the disease; the incidence of gallstone disease in the general U.S. population is 10 percent (that's one out of every ten people), rising sharply to 20 percent in people over age 40, and to 30 percent in those over age 60.

Surgical removal of the gallbladder (or cholecystectomy) is the second most frequently performed surgery in this country; more than 500,000 are performed annually, with 6,000-8,000 deaths occurring due to complications from surgery.

Now, for many people, there is an oral alternative to surgery. Actigall™ (ursodiol), an oral medication, safely and effectively dissolves cholesterol gallstones and offers an important treatment option for many patients, including patients at high risk for surgery, such as senior citizens and people with chronic illnesses such as heart, lung or kidney disease.

Dissolution therapy with Actigall is a welcome alternative for people who wish to avoid surgery and its associated risks. This therapy is extremely well tolerated, with rare cases of mild, transient diarrhea reported.

Even though many things have changed since Aristotle's time, most of us still do not know much about the gallbladder and how it works. To learn

more about the gallbladder, gallstones and related issues, take this short quiz and see how much you know.

1. The primary function of the gallbladder is to:
A. concentrate bile,
B. break down food particles,
C. absorb nutrients,
D. the gallbladder has no function.

1-A. The primary function of the gallbladder is to store and concentrate bile, a fluid produced by the liver that carries excess cholesterol into the intestine and, ultimately out of the body.

2. The gallbladder is connected to the:
A. liver and intestine,
B. bladder,
C. pancreas.

2-A. The gallbladder is a small, pear-shaped organ that is connected to the liver and intestine by small tubes called bile ducts.

3. True or False: Gallstones are lumps of solid material that form in the gallbladder.

3-True: Gallstones can be as small as tiny specks or, in extreme cases, as large as the gallbladder. Most (80 percent) are small, less than 20 mm.

4. The vast majority of gallstones are made of:
A. cholesterol,
B. iron,
C. potassium,
D. phosphorous.

4-A. Cholesterol is the major component of approximately 80 percent of all gallstones.

5. Which are common risk factors for developing gallstone disease?

- A. rapid weight loss,
B. being overweight,
C. pregnancy,
D. a history of taking birth control or hormone replacement pills,
E. all of the above

5-E. Rapid weight loss, being overweight, pregnancies, diet rich in animal fats, birth control pills and hormone replacement pills increase the risk of developing gallstone.

6. True or False: Gallstones only form in the gallbladder.

6-False. Although most gallstones form in the gallbladder, a small percentage form in the bile ducts.

7. Which of the following may be a symptom of gallstone disease?

- A. chest pain,
B. intestinal gas,
C. indigestion,
D. belching,
E. all of the above.

7-E. Symptoms including chest pain, indigestion, nausea, vomiting, gas and severe abdominal pain are most frequently experienced by people who have gallstones.

8. True or False: Surgical removal of the gallbladder is the only way of treating gallstones.

8-False. Until recently, surgery was the most common treatment for gallstone disease. Now, a new oral medication that dissolves small-to-medium

cholesterol gallstones has recently become available in the U.S. and is considered a safe and effective alternative to surgery, for those at high risk for surgery and those who refuse surgery.

9. True or False: Women are more likely to develop gallstones than men.

9-True. Women between the ages of 20 and 60 are three times more likely to develop gallstones than men. Women are considered at highest risk are those who are overweight, who have been pregnant, have used oral contraceptives or estrogen replacement pills, who have recently lost weight quickly, or who are of American Indian ancestry.

Since so many medical advances have been made since Aristotle's time, it's a good idea to learn about health care

options as part of taking responsibility for your own health.

For more information about your gallbladder or gallstones, see your doctor, or send

stamped, self-addressed envelope to the American Liver Foundation, 998 Pompton Avenue, Cedar Grove, NJ 07009.

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SENIOR IN THE KNOW—Hillary Dastague, an RSVP volunteer at the Waveland Hospitality Center on Highway 90, gives Joyce Silvesky of Silver City, New Mexico, a rundown of things to see and do while visiting the Coast. In Hancock County, 402 RSVP volunteers contributed more than 94,000 hours of community service work last year. (Echo staff photo by D.C. Harvill)

Helpful tips for traveling with your grandchildren

Traveling with your grandchildren can be a great way to spend time together and develop a greater appreciation for their talents and personalities.

There's no better way to see America than by motorhome or travel trailer with the comfort, convenience and privacy afforded by bringing your accommodations with you.

However, as anyone who has ever traveled for more than 10 miles with children knows, extended trips can try the patience of a saint.

Getting them involved

To make your trip an enjoyable holiday, keep in mind these travel tips from Holiday Rambler Corporation, manufacturer of motorhomes, travel trailers and fifth wheels.

1. Involve the grandchildren in preparing for the trip—deciding where to go, what to do, and in packing and loading the RV.

2. When choosing which attractions to visit, select a variety of things so each person enjoys some things. If a preschooler will be traveling with you, remember that he or she is too young to really enjoy attractions such as museums or curiosity shops, preferring zoos, parks and playgrounds.

3. To answer the often repeated question of "when are we going to get there," have brochures of where you're going and extra roadmaps to show where you are.

4. Have plenty of healthy snacks such as crackers, nuts, fruit juices and cold water on hand.

5. Brush up on all the "travel games" you played with your children—finding state license plates, billboard alphabet, travel bingo, etc. Pack plenty of games, puzzles and coloring

books as well. Bring along taped stories and songs, taking turns choosing tapes to play so that everyone, including the driver, can enjoy the diversion.

Older children—and you—will appreciate having a personal radio and cassette player with earphones.

6. Plan for regular stops at rest areas or tourist attractions. Keep the travel schedule light so you have time to relax. Take time to play a little frisbee or throw a softball.

7. A trip can be an excellent time to educate children about money. Give each child a specific amount of money to spend on the trip, and emphasize that they are responsible for safekeeping and choosing how to spend their money.

8. Children old enough to have chores at home can have chores when it's time to set up camp. Even young children can experience the pleasure of being "grown up"—perhaps setting up lawn chairs or assisting older siblings with a task.

9. Remember that kids tire more easily and become cranky when traveling. Complimenting them on positive behavior and allowing a little bending of "home rules" can make the trip more enjoyable for all.

Reward smooth relations

10. When you reach the campsite, reward children's good behavior and cooperative spirit displayed during the day—regardless of how many times they had to be disciplined. Doing so sets the stage for good behavior the next day, and can go a long way in smoothing road-weary family relationships.

These 10 tips will help make your next RV vacation a fun family holiday.



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Corns are still a growing and painful problem for many elderly

America's elderly may look and feel younger than ever these days, but they still report a common painful problem—corns.

According to Dr. Charles Gudas, podiatrist and member of Dr. Scholl's Foot Health Council, one out of every three older adults has a corn. He says, "Corns, which are hard, dry, shiny areas of hardened skin usually found on the tops of toes, result from poorly fitted shoes."

What to avoid

When shoes fit improperly, friction is generated on the toe's bony area and the environment becomes conducive to the formation of corns.

Furthermore, the ideal breeding grounds for corns are pointed-toe, high heel shoes. When wearing high heels, the foot is pitched forward into the shoe and the tops of toes are forced to endure prolonged pressure.

The combination of friction between tops of toes and shoes and the unnatural toe positioning cultivates corn growth.

Although the elderly population may not wear high heels as much as they have in earlier days, they still wear tight shoes that cause corns.

"Corns are as prevalent as the aging process," says Dr. Gudas. "The skin of the foot tends to become thinner and more sensitive to pressure and rubbing. As a result, even minimal friction can lead to a painful corn."

"In addition, feet often swell during the day. Unless shoes have adequate space to allow for the swelling, they may become too snug and the developing friction is likely to cause corns."

Preventing re-occurrence

To help seniors prevent the growth of future corns, Dr. Gudas and the experts at Dr. Scholl's offer the following tips:

- Make sure that shoes fit properly. Feet should have sufficient room in the toe area and around the sides so that they can spread naturally when walking. The back of the shoe should hug the heel tightly.

- Prevent friction on newly formed corns by using a corn cushion. The foam cushion surrounds a developing corn and helps ease painful pressure.

How to remove corns

Remove painful corns with Dr. Scholl's® Corn Removers, which help reduce friction while removing dead skin build-up. If you are a diabetic or have poor circulation in your feet, you should not use a corn remover. If there is any doubt about the use of a medicated foot treat-

ment, consult a podiatrist.

- Soak feet in lukewarm

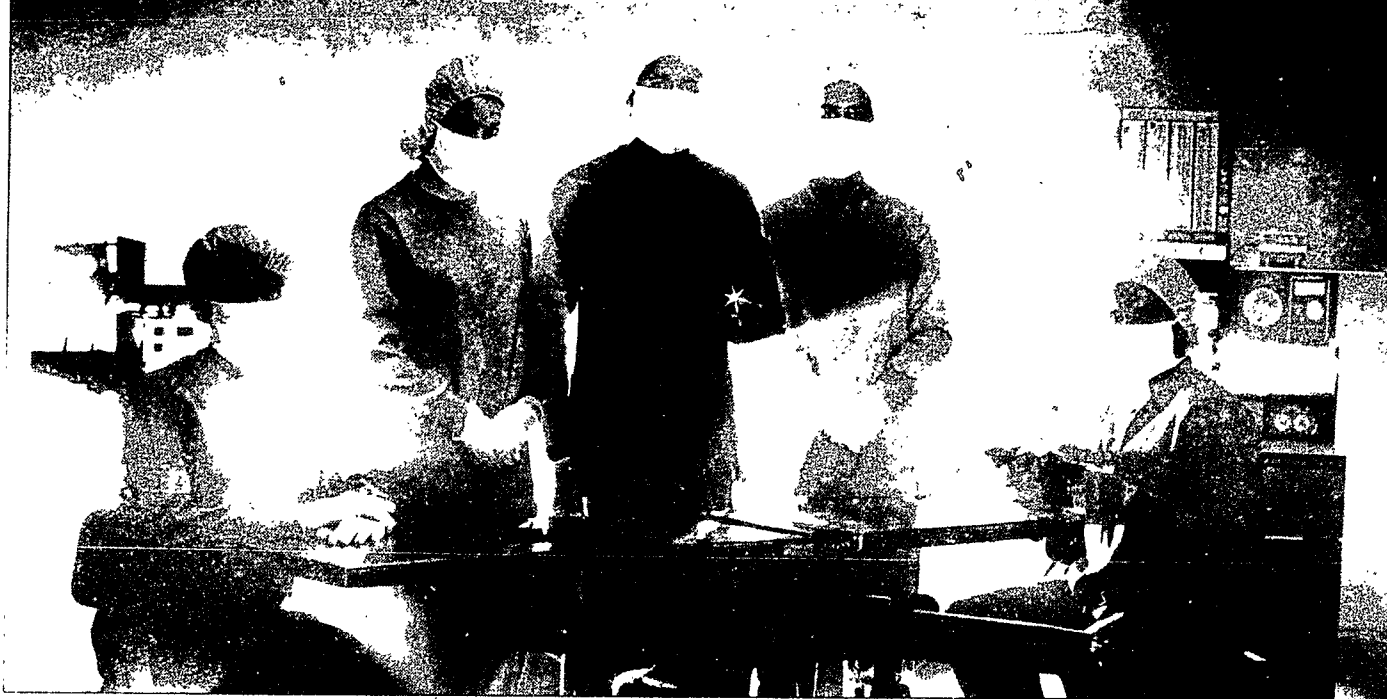
water to soften the hardened skin on the corn. Then, using a

contoured file or pumice stone, whisk away the top layers of

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What about

⑦ If you have high blood pressure, you are at a staggering 66 percent chance of having some degree of hypertension, or high blood pressure, which can lead to stroke and even death. Identifying high blood pressure

While there are many symptoms associated with high blood pressure, the most common is detected during routine checkups—controlled.

Simply defined, high blood pressure is a condition in which the pressure in the arteries is too high, putting extra strain on the artery walls.

Lifestyle changes can help control high blood pressure. Many doctors recommend weight loss, exercise, a low-salt diet, and total cessation of smoking as initial steps to control high blood pressure.

However, patients may require medication to keep their blood pressure under control and to help reduce the associated risks.

The two most common types of prescription medications, often referred to as "beta blockers" and "diuretics," are used to control high blood pressure.

Diuretics work by reducing the amount of fluid in the body, which helps lower blood pressure.

Beta blockers work by slowing the heart rate, thus lowering blood pressure.

While both types of medication can be effective in controlling high blood pressure, a recent study has shown that patients who take the beta blocker metoprolol have a 50 percent fewer heart disease deaths over a 5-year period, than patients who take diuretics.

For this reason, metoprolol remains the only medication indicated for the treatment of high blood pressure.

Medication to treat high blood pressure should be taken with the utmost care.

Medication to treat high blood pressure should be taken with the utmost care.



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What you may not know about high blood pressure

Ⓜ If you have high blood pressure, you are not alone. A staggering 66 percent of all Americans over age 55 have some degree of elevated blood pressure, or hypertension, which can lead to heart disease, stroke and even death.

Identifying high blood pressure

While there are no obvious symptoms associated with high blood pressure, it is often detected during routine medical checkups—and it can be controlled.

Simply defined, high blood pressure—pressure consistently higher than normal—is a condition which exists when blood exerts too much force or tension on artery walls.

Lifestyle changes can sometimes control this condition. Many doctors recommend weight loss, exercise, a low-fat diet, decrease in salt intake, and total cessation of smoking, as initial steps to lower blood pressure.

However, patients may also require medication to ensure that their blood pressure is regulated and to help prevent associated risks.

The two most common prescription medications are diuretics, often referred to as "water pills," and beta blockers.

Diuretics work by reducing the amount of salt and water in the body which, in turn, lowers blood pressure.

Beta blockers work by slowing the heart rate and cardiac output, thus lowering the blood pressure.

While comparisons of diuretics and beta blockers indicate that both can be equally effective in controlling blood pressure, a recent study revealed that patients who were given the beta blocker Lopressor® (metoprolol tartrate) had 58 percent fewer deaths from heart disease over an 11-year period, than patients treated with diuretics. In 1984, Lopressor became the first—and remains the only—beta blocker indicated for acute therapy following myocardial infarction.

Medication can effectively treat high blood pressure, and should be taken in conjunction with the important lifestyle

changes suggested by your doctor.

Cooperation essential

In fact, taking medication is a change in itself, and requires the patient's cooperation. It is important to follow your doctor's instructions about how often you should take your medication.

Some people may find it helpful to keep a calendar or chart, so that taking the medicine

becomes part of their daily routines. Even if you feel well, you need to continue taking the medication for as long as the doctor recommends.

To maintain your health, see your doctor regularly, and follow his or her advice about behavioral changes that may be of long-term benefit. If your doctor tells you your blood pressure is high, ask about the treatment that will work best for you.

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Seniors: You may be richer than you think

Most people over 40 have "hidden treasures" tucked away in their homes but don't now it, warns collectibles expert Dr. Tony Hyman, author of *I'll Buy That!*

"Sadly, people usually sell their treasures for a tiny fraction of their real value," Hyman says.

Recent typical examples include a southern gentleman who sold a \$9,500 watch at a yard sale for \$10 because its case was missing, and a plans states couple who let their \$500 tin can go for a buck at a house auction.

Senior citizens tend to undervalue things they've used or enjoyed for years. Nearly every older American has something worth between \$25 and \$1,000 that he or she thinks is valueless, claims Hyman.

"I've found \$300 items in trash cans more than once," he

says.

Items don't have to be antique or expensive to be valuable, emphasizes Hyman.

"It's amazing how many things made during our lifetime are worth many times what they originally sold for." He lists wrist watches, detective novels and fishing tackle as examples.

Seniors should be particularly careful about selling cameras, Christmas ornaments, carnival glass, tin cans, photographs, postcards, pens, phonograph records, license plates, old clothes, plastic radios, paintings and cigar boxes.

Today's values can be astronomical, Hyman says. "Who'd ever imagine that someone would spend \$1,100 for plastic Barbie doll furniture only 30 years old? And I know people who'd pay \$20,000 for the right baseball card, TV set or slot machine."

If you want help evaluating what you own, and want the most money when you sell, Hyman cautions that you must be careful to deal with someone honest, expert and ready to pay fair prices.

In some fields, it can be hard to locate honest, knowledgeable buyers. It is also difficult to tell when strangers are telling you the truth. To solve these problems, in 1980, Dr. Hyman began publishing directories of reliable buyers who will help amateur sellers.

Hyman, a former college professor who has been buying and selling for 37 years, writes easy-to-read books telling you who the best buyers are, what they want, how to contact them by mail or phone, and how to sell what you have.

Hyman's latest (1989) edition contains 350 pages listing nearly 2,000 of the best buyers in the U.S. and Canada.

I'll Buy That! is available only by mail. Sent \$19.95 plus \$3 shipping to Treasure Hunt Publications, Box 699, Claremont, CA 91711. To order with MasterCard or Visa, phone toll free, 1-800-543-7500.

Selling through the mail can be easy and profitable if you follow Hyman's simple steps:

1. Deal with reliable buyers willing to pay what your item is worth,

2. Describe your item carefully, and

3. Include a self-addressed stamped envelope.

Even Japanese swords can be sold through the mail. Last year, a 76-year-old widow bought Hyman's previous book, hoping to find someone who would pay \$100 for the Japan-

ese sword her husband brought home from WWII.

In the chapter on weapons, she learned of Ron Hartman, one of this country's top experts on Japanese swords. Ron told the happy woman she owned one of the finest swords ever found in America, and paid her in excess of \$10,000.

Not all stories have such a happy ending. Recently, an 80-year-old Southern Californian woman, unable to get a driver's license for nearly ten years, sold the "Chevy" she and her husband bought new. She thought \$800 was a fair price, which delighted the first person to look at her red 1954 Corvette.

"She could have gotten at least \$30,000 every bit as quickly," Hyman says, "if only she had sold it to the right person."

Times are changing, and experts say that being a grandparent isn't what it used to be

Grandparents are turning up in the strangest places. That's because today's grandparents are much more likely to participate in activities with their grandchildren, according to a Pace University author who has written a book on grandparents, and a sociologist examining the grandparent's role in today's single parent society.

Pace University English Professor Ruth Eisenberg, herself a grandmother, has captured many of the universal emotions and experiences of grandparents in her poetry book, *Grandmas Have Long Arms For Hugging*.

"I wanted to create a book that would capture how other people feel about their grandchildren but lack the words to express," says Prof. Eisenberg.

In her poem, "Grandma," Prof. Eisenberg describes how she relates to her three grandchildren.

"I am a grandma who sits on the floor piecing together complicated waffle blocks to build wobbling towers as often, plus one, as they are knocked down"

A grandma who likes to look my grandchildren straight in the eye"

According to Prof. Eisenberg the "playmate" relationship between grandparent and child was not common in past generations.

The role of grandfathers has also changed. Both Prof. Eisenberg and Pace sociology Professor Carol Stix say that in the past, grandfathers were often viewed by children as disciplinarians and wise sages. But today more men view grandparenthood as a chance to express the tenderness and love they may not have shown as parents.

Prof. Eisenberg describes an austere pharmacist who put his work aside to discuss his newborn grandchild in the poem, *Pictures From an Exhibition*.

"Your grandson?" I inquired. A grin splitting his face he all but leaped to my side pulling his wallet from his pocket.

"Let me show you." Grandparenting has changed in other ways, according to Prof. Stix.

One disturbing trend she identifies is that with more people marrying later in life and having fewer children, there are fewer middle and upper-middle class grandparents.

"These people tend to feel deprived because they will never have the chance to become immortal in the memory of their grandchildren," remarked Prof. Stix.

Stix also explained that today there are more group counseling sessions for grandparents covering such issues as how to assist your child and grandchild with financial and housing support after a divorce.

"We are seeing more grandparents taking over the role of parent after a divorce," said Prof. Stix.

However, the relationship between most grandparents and children is mainly one based on love with little responsibility.

This relationship is captured in several lines from the poem *Grandparents have It Good*.

We buy records we don't have to hear...

We diaper a baby, if we please...

We go home when they're cranky

Prof. Stix pointed out that a visit with a grandchild can be a real learning experience for grandparents. She said that children are growing up in an

electronic age and are teaching their grandparents to use such sophisticated gadgets as personal computers, videocassette recorders and microwave ovens.

Stix got a cooking lesson of her own from her three-year-old grandson who taught her to prepare bacon in the microwave.

Like many grandparents today, Prof. Stix and Prof. Eisenberg live a distance from their grandchildren.

Today, with more grandparents living in retirement communities and geographically distanced from their families, Stix pointed out that families are sharing more experiences through videotapes and telephone calls.

"But there must be a physical closeness before you can form other verbal relationships. There is no substitute for personal contact with grandchildren" said Prof. Stix.

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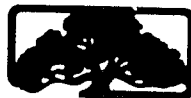
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Older people need regular exercise in order to stay fit

Although medical research has shown that regular exercise reduces the risk of brittle bones and immobility by increasing strength and flexibility and improving balance, the latest survey conducted by the U.S. Department of Health and Human Services shows that only 10-20 percent of older Americans are exercising on a regular basis.

This means that Americans 65 years and older are not getting the exercise they need to keep them active and self-reliant.

In the fall of 1980, the Department of Health and Human Services set specific objectives necessary to improve the health and quality of life for older adults.

The objective was set that by 1990, 50 percent of adults 65 years and older should be engaging in appropriate physical activity, such as regular walking, swimming or other aerobic activity.

Research indicates that the reason this objective will not be met is that many older Americans lack the correct information about the amount and intensity of exercise they need and, as a result, have injured themselves in the past by doing too much too soon.

Research shows that they are reluctant to go to a health club for information and assistance because they think they will feel uncomfortable and out of place.

In response to this situation, throughout May 1989, quality health clubs across the country launched a national campaign to encourage older Americans to begin and stay with exercise programs.

The program, called "Commit to Get Fit," was developed by IRSA, The Association of Quality Clubs, the leading not-for-profit trade association for health and fitness clubs, and is sponsored by Life Fitness, Inc. It kicked off in May at over 600 health clubs nationwide, to coincide with the President's Council's National Physical Fitness and Sports Month.

The premise of the program, explains IRSA's executive director, John McCarthy, "is that increased awareness of the health benefits of exercise for those over 65, at a less strenuous level than previously thought, should encourage more people to begin and maintain exercise programs."

During the month of May, participating clubs offered one of two free fitness evaluations to the public. Both were scientific

ally valid and easy to take, regardless of fitness level, and each provided an accurate measure of cardiovascular health and a customized exercise prescription.

"These exercise prescription provides a structure which we hope will result in the adoption of the healthy habit of consistent exercise at an appropriate level of intensity," explains Dr. James M. Rippe, cardiologist and researcher at the University of Massachusetts Medical School Exercise Physiology Laboratory and medical advisor to IRSA.

These fitness evaluations will be the centerpiece of fitness festivals that will include local celebrity competitions, seminars and demonstrations, and running or walking races for charity.

IRSA offers a free brochure to help you select a health club that is right for you. *Commit to Get Fit: The Guide to Choosing a Quality Health Club*, is available by sending a self-addressed, stamped envelope to: IRSA, 132 Brookline Avenue, Dept. M, Boston, MA 02215.

Stories from far-away grandparents

Grandparents and grandchildren are natural allies, according to experts in family relations. But alliances weaken, their studies reveal, when the homes of grandparents and grandchildren are too far apart, or when intergenerational barriers intervene.

In disrupted communications, everybody loses, including the youngsters' parents.

Strengthening ties between grandparents and grandchildren through storytelling is the intent of *Write Stories To Me, Grandpa!* a new 174-page book by Meyer (Mike) Moldeven, himself a too-far-away grandfather.

The book's 30 original stories and anecdotes, and scores of illustrations offer a wide range of ideas and models for grandparent yarns.

One model transforms a well-known, already plotted folk tale into a grandma or grandpa story, and another presents an event in family history in the form of a play.

The book is available from Mike Moldeven, P.O. Box 71, Dept. M, Del Mar, CA 92014-0071 at \$9.95 per single copy prepaid. Price includes postage. For more information send a stamped self-addressed envelope.

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CONCEPT: Bay St. Louis Residential Care Center is designed for those people who are not longer comfortable living at home. Residents are encouraged to live an active lifestyle of dignity and independence. Bay St. Louis Residential Care Center is an alternative to Nursing Home Care that provides assistance with the activities of daily living.

CONVENIENCE: Bay St. Louis Residential Care Center is near downtown Bay St. Louis. Transportation is available to your favorite shopping places, medical offices, banks, churches and special events in the city.

COMFORT: From the moment you enter the front door, you will realize that experts have planned a luxurious lifestyle for you. Attractive lounges, bedrooms, activity and exercise areas express warmth and comfort. Delicious food will be served in a very attractive fashion.

COMPANIONSHIP: At Bay St. Louis Residential Care Center you will be part of a very special community. A friendly face, a bridge partner, or shopping companion is only a door away. You will enjoy new friendships as well as remain active with old friends in your church, and community.

SECURITY: Just imagine being able to sleep at night without worrying about your personal safety. Our staff is on duty around the clock to serve you. You will also be glad to know that modern fire and safety features have been included in the design of the structure.

HEALTH CARE: At Bay St. Louis Residential Care Center, you are assured excellent health care when you need it. Our Registered Nurse and Dietician will be available to assist you with health maintenance advice that will add vitality and life to your years.

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Residents to Bay St. Louis Residential Care Center are assured prompt treatment, should care become necessary, in the nearby hospital.

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Elderly can be unintentional drug abusers

There is a kind of drug abuse that is rarely talked about; the abuse and misuse of medicine by the elderly. The Governor's Office of Federal-State Programs' Mississippi Council on Aging (MCOA) is urging the elderly to take special precautions against drug abuse. Each year many older people take chances with their lives by unintentionally abusing drugs.

"There are problems of side effects; problems of undesirable interactions between two or more drugs; and problems of

improper dosage," said Dr. Davis K. Brown, MCOA director.

"Some people think that, if the prescribed amount is good, that more is better; that kind of thinking can be very dangerous."

"Anyone who is concerned about the medicine an elderly relative or friend may be taking should seek answers from a physician."

MCOA suggests that elderly persons tell their doctors about all the drugs they are taking, including any over-the-counter

medicine. It is very important to list all medications being taken by the elderly who may be seeing several specialists for different conditions.

Brown warns, "Outdated medicines should be thrown out. Some drugs lose potency with time, some gain potency and some undergo marked chemical changes that can make them dangerous."

"Elderly patients need to understand that many disorders and conditions may share the same symptoms and that,

because a well-meaning friend recommends some remedy for a particular symptom, it doesn't mean that prescriptions should

be shared. Taking someone else's medicine may do harm by covering the condition temporarily, and could be deadly."

Advice on helping a friend in mourning

By Nina Herrmann Donnelly

It's amazing how productive we can be while postponing doing something we don't want to do. I've cleaned dresser drawers, baked cookies, run errands, called my parents and even washed floors, all to put off calling friends who were mourning a tragic loss.

I've discovered over the years that I'm far from alone in this behavior. It's very difficult for many people to work up the courage to call or visit a friend who's mourning the death of a loved one.

"Will it be a bad time?" "Will I tained in a number of ways: In person, by telephone, by "thinking of you" notes, with flowers or food, or by helping with cleaning, child care or other say the wrong thing?" These are valid questions asked by countless people who want to help, but who are haunted by the age-old complaint, "I never know what to say."

Communication can be main-chores or errands.

Often it isn't necessary to "know what to say"—only to be there. Your friend may need you

only to listen—which is actively giving to another—to take a hand in silent sympathy.

Above all, don't worry if you "never know what to say." The good that friends can do in trying to comfort mourners almost always outweighs any well-meant misstep made during the process.

Editor's Note: Nina Herrmann Donnelly is the author of *I Never Know What To Say: How To Help Your Family and Friends Cope with Tragedy*. (Ballantine/Epiphany).



MAY I HELP YOU?—RSVP volunteer Patricia Lanham mans the information desk at Hancock Medical Center with a smile. Volunteers perform a variety of task at the facility. (Echo staff photo by D.C. Harvill)

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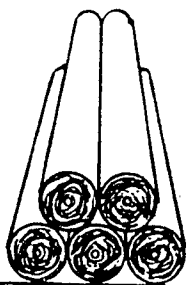
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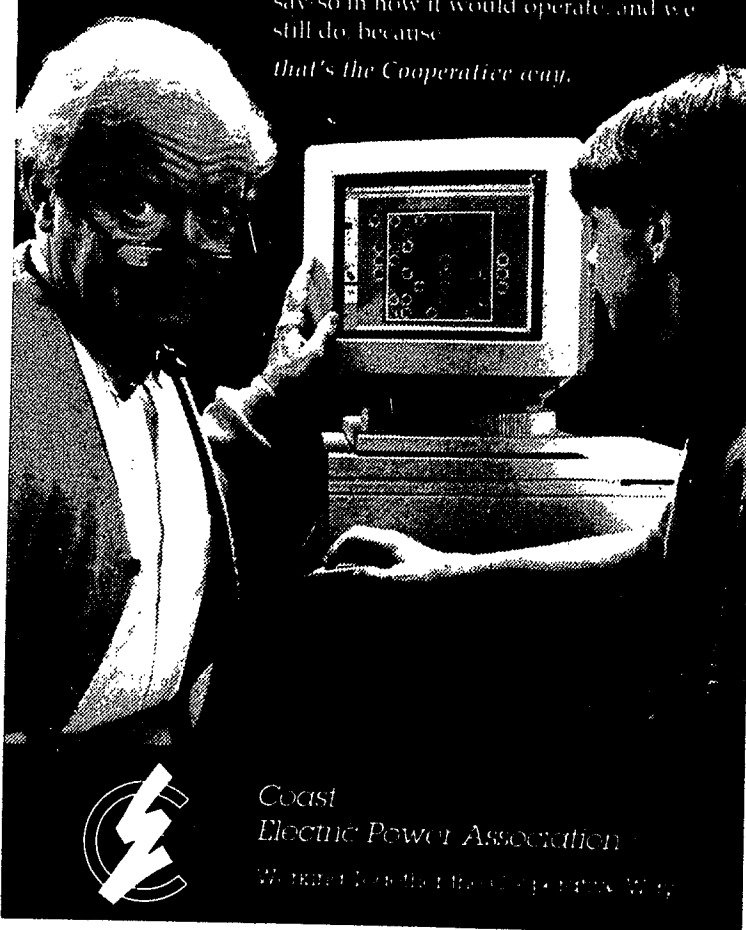
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Older Americans see lifestyles shift, interests continue to expand

Senior citizens make up one of the fastest growing segments of the population in the United States. According to the U.S. Census Bureau, by the year 2050, more than 67 million people—one out of every five in the United States—will be 65 or older.

The prospects for their continued good health, activity, vitality and long life are vastly better than commonly portrayed. Seniors see themselves as more physically and mentally active than younger groups.

New desires, needs and lifestyles arise as most people grow older. Many choose retirement after a certain age, but many older workers prefer part-time jobs or phased retirement.

However, retirement is something many look forward to as an opportunity to pursue activities that were pushed aside due to a lack of free time.

Now is an excellent time to pursue travel plans and explore the world and all it has to offer. Whether it be the history of the Kremlin or the Cajun cooking of Louisiana, the possibilities to explore an unseen territory are endless.

New opportunities

Often, while you're in the work force, there is little time for philanthropies, although many people have good intentions of promoting human welfare. There are plenty of organizations always in desperate need of volunteers, and the rewards are far greater than strictly monetary.

Volunteers are also needed in such places as museums, libraries and day care centers, just to name a few options. There are many opportunities to remain active in the community. With a little research, you are sure to find your niche.

Enjoy other involvements

Hobbies that have been neglected in the past can be rekindled or a new activity begun. Or, catch up on all those movies, plays or books you've been too busy for in the past.

Education is a never-ending experience in life. Enrolling in a local college or community classes can be a great learning experience. It is never too late to get a degree, learn a different language, or master an art or craft.

Share expertise

Experience is something accumulated over the years that is personal—there are no short cuts. These experiences can be shared through the teaching of others, whether they are five or 95 years old.

Don't be modest about your ability to pass on your different areas of expertise and knowledge to other people.

There is an activity for everyone which will bring pleasure and, quite possibly, the rewards of giving of yourself and your time. If the placid life is not for you, there is no reason not to get involved!

Certainly, you must seek out the action and not expect the excitement to look for you. However, this is not an unrealistic goal for most. Making yourself available can help fill up your schedule with all sorts of activities.

Flexibility a positive factor

As lifestyles change, embrace this change of pace to do things as they suit you. The later years in life should be filled with activity and leisure time spent at your discretion.

Health beat...

'Heart to heart' talk about allergy medications

Although allergies sometimes lessen with age, there are millions of Americans age 50 and over who suffer from allergies that are caused by pollen, house dust, pets and molds.

Unfortunately, like most other allergy sufferers, they may treat themselves and be unaware of the potential side effects of self-medicating with over-the-counter treatments.

People over age 50 have a higher incidence of cardiovascular problems, and over-the-counter allergy remedies, such as antihistamines and antihistamine/decongestant combinations may have potential side effects that can cause problems for cardiovascular patients.

For example, oral decongestants which clear nasal passages can constrict vascular beds, thus re-distributing blood flow and causing cardiac stimulation.

Antihistamine/decongestant combinations, in particular, can cause elevation in blood pressure, arrhythmias, palpitations and worsening angina. In fact, several of these products warn against usage in the presence of hypertension, heart disease and certain other chronic conditions.

In addition to the cardiovascular threats, there may be other potential side effects related to allergy medications. It is important for people over age 50 to see a doctor or allergy

specialist if they are allergy sufferers.

As with all medication, you should read all labels carefully and follow your doctor's instructions.

For consumer brochures about allergies and allergy resource information, contact The Allergy Information Center and Hotline, 1-800-727-5400.

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Universal design is functional design for all ages

Extended families, older Americans, latchkey children, yuppies: Today's families are a veritable "alphabet soup" and pose new challenges to designers and marketers of consumer products. The big question: how do you design a product that everyone can use easily?

Whirlpool Corporation, a manufacturer and marketer of major home appliances, has one solution: Determine which group of consumers might have the most difficulty using a specific product, then design it so that they can operate the appliance easily and safely.

This concept is known as "universal" design. All it really means is that if you design a product with the least able user in mind, everyone else can use it also—regardless of age, size or physical limitations.

How can selecting appliances with universal design help today's families?

As an example, take a three-generation family living under one roof. Aunt Lou spends a lot of time in the kitchen because she enjoys cooking and baking.

Twelve-year-old Kevin is often in the kitchen, too, because he enjoys eating.

Kevin's parents, Paul and Doris, have demanding jobs that don't allow them much time at home during the week, but they love to cook and entertain on the weekends.

Each of them has somewhat different needs in appliances, but they're all happy with their one set of universal design products.

Aunt Lou has a touch of arthritis in her fingers, and she says her eyes just aren't what they used to be. So, when they remodeled the kitchen, Paul and Doris looked at her needs and also considered Kevin's size and his interest in "helping" Aunt Lou.

The rest was easy. The new kitchen now has a white glass cooktop with front-mounted controls which everyone can reach and operate easily. The controls have dark numbers and graphics on a white background, making them easier for both Aunt Lou and Kevin to see.

The solid cast-iron elements don't have drip pans to clean—and their raised design makes them easy to locate, position cooking utensils, and use.

Aunt Lou and Kevin both love the refrigerator. It has a through-the-door ice and water dispenser for quick and easy filling of glasses—and on hot days, it really cuts down on the number of times Kevin opens the door. That's a universally-liked design that's also a potential energy saver!

Aunt Lou especially likes the pull-out shelves, baskets and bins in the refrigerator and freezer compartments—and the front-mounted controls.

"No more unloading shelves or stooping and bending to reach items shoved to the back, with this design," she says with a smile.

One other refrigerator feature that Aunt Lou appreciates is the tempered glass shelves with raised edges. She notes that when Kevin overturns his glass of milk on a shelf, it stays on that shelf without dripping to those below, making cleanup a simple matter.

Paul and Doris like its deep door shelves, noting that gallon containers of milk and juice are much easier for everyone to handle, now that they can be stored in the door.

Kevin's favorite appliance is the microwave oven. Aunt Lou lets him use it every afternoon for his after-school snack. They installed it in the breakfast area, at table height, offering the most convenient use for the entire family.

Because they like to bake—but hate cleaning ovens—this family selected stacked 30-inch built-in ovens, one with a self-cleaning system and the second with a continuous-cleaning system.

Both ovens have white glass doors and easy-to-use controls. They're installed at an intermediate height so that all the family's bakers can use them easily and conveniently.

To round out this convenient kitchen, the family selected a dishwasher with front controls, racks that pull out and one that

has the dispensers and silverware baskets located in the door for easiest reach and use.

The trash compactor holds a week's worth of trash for a family of four in one convenient bag, reducing taking out the trash to a once-a-week task.

Because Kevin and Aunt Lou do most of the family's laundry, they selected a washer and dryer that have large graphics on the control panel, large-print lid instructions and oversized knobs and pushbuttons for easy operation, even on days when Aunt Lou is troubled by arthritis. Even the operating instructions for these laundry appliances are done in large type.

Such features are especially useful for children learning to do the laundry and those without perfect eyesight. In fact, if laundry appliances are installed in a poorly lighted basement, garage or utility room, such designs offer universal consumer benefits.

"Finding products with universal design isn't difficult when you think through the users' needs before you shop," says Joy Schrage, manager, Whirlpool Appliance Information Service.

There are just some standard designs, such as front controls, pull-out shelves and baskets,

large print graphics, easy-grip or easy-touch controls, that anyone can use.

Side-by-side refrigerators, for example, have earned the label for universal design

because the offer easy reach to most areas in both refrigerator and freezer compartments from either a seated or standing position, a convenience for the

Continued on Page 11

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Mature populations benefits from exercise

Today, more Americans than ever are exercising and living longer, healthier lives. A Gallup poll taken in late 1987 found that 47 percent of those age 65 and older regularly engage in some form of exercise.

"Experts are learning that physically fit seniors can literally outrun the aging process," says Diane DeMarco, executive director of The National Exercise For Life Institute.

"There's no group in our population that can benefit more from exercise than senior citizens. Exercise can increase physical function by perhaps 10 percent for a young person.

But for a person over age 60, exercise can increase it by 50 percent," says physiologist William Evans of the U.S. Department of Agriculture-Tufts University Center on Aging.

"Regular exercise can give you the equivalent of 10 years' rejuvenation," says exercise researcher Roy Shepard, MD, PhD of the University of Toronto.

"You don't need a particularly strenuous program either, you just need to be reasonably active," continues Shepard.

Recent research indicates that exercise will strengthen the heart and lungs, lower blood pressure, raise the HDL cholesterol (the good kind), strengthen bones and slow the bone-mineral loss caused by aging.

Other benefits of exercise for the mature population include weight loss, increased mental capacity and decreased depression. It can also greatly lower the risk of developing adult diabetes.

"The main benefit of exercise is in terms of the body as a whole; you look better and you feel better," says cardiologist Robert Brandenburg, MD of Minnesota's Minneapolis Heart.

"The goal of The National Exercise For Life Institute is to educate the public on the many benefits of regular aerobic exercise, in order to convince more

Institute. When you exercise, more blood is pumped per heart beat, so the heart rate decreases, which is also beneficial, continues Brandenburg.

Experts also agree that improvements will occur no matter what age a person starts to exercise.

The National Exercise For Life Institute recommends a program of regular aerobic exercise that can fit easily into your daily life. The Institute also notes that people over age 50 should avoid pounding, jarring exercises that could damage joints and ligaments.

Of all the aerobic exercises, fitness experts agree that cross-country skiing is the world's best, because it uses all the major muscles in the body, provides numerous cardiovascular benefits and can burn up to 600-900 calories per hour.

"Closely related to cross-country skiing is the NordicTrack, which simulates the motion of skiing," explains Ed Pauls, inventor and founder of NordicTrack, the original cross-country ski exercise machine.

"In addition, NordicTrack's smooth gliding motion is completely jarless. It eliminates the pounding that can result in joint and back injuries, which are particularly detrimental to the mature population," says Pauls.

"In just 20 minutes a day, three times a week, NordicTrack will tone your entire body, help you lose or maintain weight and allow you to achieve cardiovascular fitness," continues Pauls.

Americans to start and maintain a personal program of regular exercise," says DeMarco.

For more information on the benefits of regular aerobic exercise, call The National Exercise For Life Institute, 612-488-3094, or write Box 1, Chaska, NM 55318.

A growing number of seniors are finding second 'careers,' working as volunteers

A growing number of senior citizens seeking an outlet for their years of accumulated knowledge and skills are finding new horizons and rewards by working as volunteers, using their special know-how to help others.

One organization that has been recruiting mature volunteers is the Kentucky-based Christian Appalachian Project (CAP), a non-profit, non-sectarian group that serves the poor in the rolling green hills of Appalachia.

Mary Finlayson, a registered nurse and a widow with four grown children, became a CAP volunteer at the age of 55.

She chose CAP for several reasons. Most important was her admiration for CAP's work, a range of 70 self-help programs from home repair and "infant universities" to craft workshops and care for the handicapped, all aimed at returning pride and dignity to the people of America's own "third world."

Another compelling reason was CAP's special call for skilled seniors—there would be other volunteers close to her age. Still another was the wide choice of activity. She could work in a program related to her profession, or do something entirely new.

Mrs. Finlayson also appreciated the comfortable living quarters to which she was assigned. The two-story Tudor-style house she shares with eight other CAP volunteers offers the privacy of her own bedroom along with the family-like warmth of shared conversation, cooking and household chores.

A fringe benefit of her move from northern New York State's snowbelt is Kentucky's mild winter and long spring and fall season.

"I love being outdoors here," says Mrs. Finlayson, "breathing the sweet country air...and seldom having to wear anything heavier than a sweater."

After most of a career spent in oncology and cardiac care, Mrs. Finlayson welcomed her assignment to CAP's home for unwed pregnant teenagers.

A few hundred grassy yards from the volunteer housing, the home provides pre- and post-natal care for the underage mothers-to-be and their newborns.

During the day, while the girls continue their schooling, Mrs. Finlayson looks after the infants. When school's over, she prepares a nutritious dinner while the girls tend to their babies and do their homework and laundry.

In addition to comforting the often-frightened mothers-to-be and monitoring their health, Mrs. Finlayson instructs them on child care, passing along a lifetime's knowledge, professional and personal.

The work of some CAP volun-

teers, however, has little connection with their past training. A former truck driver works in home repair.

"With over 50,000 people in 17 counties to serve, we need not only energy and skills, but also the sound judgment and understanding that senior volunteers bring," says Rev. Ralph Beiting, founder of CAP.

All regular (six-months to one year) volunteers receive a small allowance of \$42 by-weekly for expenses, as well as housing, meals and health insurance.

For more volunteer information, write to Volunteer Office, Christian Appalachian Project, Dept. MM, 235 Lexington Street, Lancaster, KY 40446.



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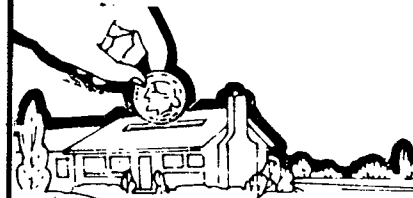
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Design

Continued from Page 10

youngest and oldest users—and everyone in between. This refrigerator's narrow doors are easy to open, close and maneuver around.

Built-in appliances and countertop products, such as microwave ovens, fit universal design criteria because they can be installed at a height or in a position that best meets specific user needs.

Touch controls (vs. standard knobs, dials and pushbuttons) are easy to operate, especially

They are also easy to modify with Braille when a user of the product is visually impaired. For those who have arthritis or weakness of the hands.

Whirlpool Corporation offers free brochures to consumers interested in further information about independent living for seniors. To place an order, call the Whirlpool Cool-Line Service, Dept. M, 1-800-253-1301.

Schrage's final advice for selecting appliances: "Ask yourself, who will use this product now? What are their needs? Who will use this product for the next 10 to 20 years that we'll own it? Will it meet our needs for that period? A product with universal design should serve the family well and continue to be easy to use throughout its life."

Practicing proper oral hygiene procedures: It's never too late

⑩ Contrary to conventional beliefs, toothaches, bleeding gums, ill-fitting dentures and tooth loss are not inevitable elements of the aging process.

According to Dr. Stephen F. Goodman, clinical professor of dentistry at Columbia University School of Dental and Oral Surgery, many dental problems experienced by older adults can be attributed to lack of dental education, poor dietary habits, or a history of improper oral hygiene.

The American Dental Association reports that 57 percent of people over age 45, and 64 percent of those over age 65, have some form of periodontal disease, a result of the bacteria in plaque irritating and damaging gum tissue. Plaque, which forms continuously on the teeth, also raises the risk of developing tooth decay.

Adults are particularly prone to cavities around fillings and exposed tooth surfaces. Because most older adults grew up without fluoridated water or fluoride products, they are likely to have more fillings than younger people.

Root caries (cavities) also are common among older adults, whose receding gums expose the soft, more vulnerable roots of their teeth.

For many denture-wearing adults, plaque is in contact with mouth tissues for long periods of time. Improper or infrequent denture cleaning can lead to sores, infection and discomfort.

"Dry mouth," caused by a reduction in saliva, is another dental concern among older adults. Saliva acts as a protective and cleansing agent in the mouth, and its absence can contribute to tooth decay.

Dry mouth can result from over 200 drugs as well as certain medical treatments commonly prescribed for older adults.

With the special needs of seniors in mind, Dr. Goodman recommends following Teledyne Water Pik's Save Teeth, Exercise Prevention (STEP) Program, a step-by-step routine to control plaque on tooth surfaces and below the gumline.

• Step 1: Flossing

Floss at least once daily

before brushing to disrupt plaque between teeth and below the gumline, making it possible to brush it away.

With either waxed or unwaxed dental floss, floss between all teeth using a gentle sawing motion to avoid injuring the gums.

To help make the floss easier to manipulate, consider using a dental floss holder.

• Step 2: Brushing

Brush for two to three minutes in the morning and before bedtime, as well as after every meal or snack, to remove plaque and food debris from the inner, outer and biting surfaces of the teeth.

With a soft, multi-tufted toothbrush, use short, horizontal motions to lightly "scrub" all tooth surfaces, one or two teeth at a time.

For denture-wearing adults, rinse the denture thoroughly under lukewarm water. Using a cleansing agent on a moist brush, gently remove plaque from all surfaces and clasps.

A fingernail brush can be fitted with suction cups, then fastened to the inside of the sink for people who only can use one hand. Dentures then can be cleaned by rubbing them against the bristles.

For those with restricted manual dexterity due to arthritis or other afflictions, modifying existing dental tools can make the oral hygiene routine more manageable.

Dr. Goodman recommends an automatic toothbrush, such as the Water Pik Automatic Toothbrush.

The larger handle is often easier to hold and it eliminates much of the hand and wrist motion and exerts the pressure necessary to clean the teeth effectively.

To make a conventional toothbrush easier to hold, enlarge the brush handle by wrapping it with a bandage or other material, or attach the brush to your hand with an elastic or Velcro fastening tape.

• Step 3: Oral irrigation

To help remove plaque-causing bacteria below the gumline, where flossing and brushing miss, use the Water

Pik oral irrigator with either water or a recommended mouthwash or rinse.

Check with your dental professional to determine the best solution and pressure setting for you.

• Step 4: Dental visits

See your dental professional at least twice a year. However, more frequent visits may be required for the elderly because of their increased risk of oral health problems.

No matter how well a person flosses, brushes, or uses an oral irrigator, a certain amount of plaque remains on tooth surfaces and gums that only can be removed by a dental professional.

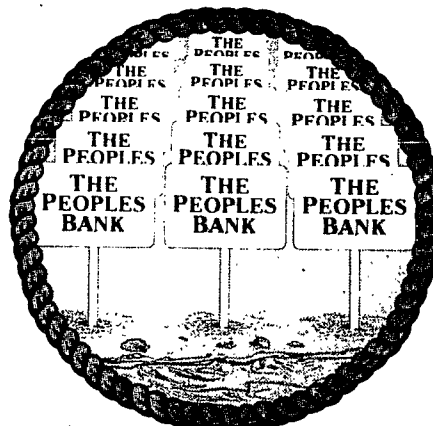
It's never too late to develop good oral hygiene habits. For more information on proper oral hygiene procedures, write or call for a free copy of the Water Pik STEP booklet:

Water Pik STEP Booklet, Teledyne Water Pik, 1730 E. Prospect St., Fort Collins, CO 80525; 1-800-525-2774.



SENIOR CITIZEN Doris Boudreaux demonstrates lap quilting at the Mississippi Welcome Center at Interstate-10 during a recent working crafts fair. Boudreaux learned quilting in one of the many crafts classes offered through Hancock County Senior Citizens. (Echo staff photo by Dena Bisnette)

The Tradition Continues...



in growth.

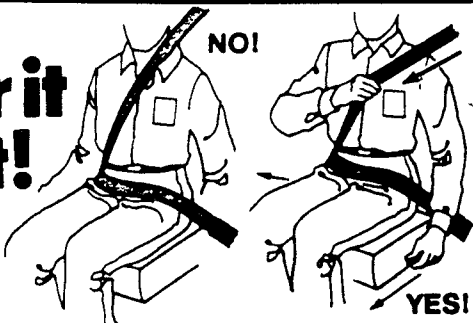
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Safety belts should be worn over the shoulder... A shoulder belt that lies flat against the neck may be relieved by adjusting the position of the seat, shifting your driving position slightly, or easing the pressure of the belt slightly.



U.S. Department of Transportation
National Highway Traffic Safety Administration



Boudreaux demonstrates lap
Welcome Center at Interstate-10
crafts fair. Boudreaux learned
crafts classes offered through
izens. (Echo staff photo by Dena

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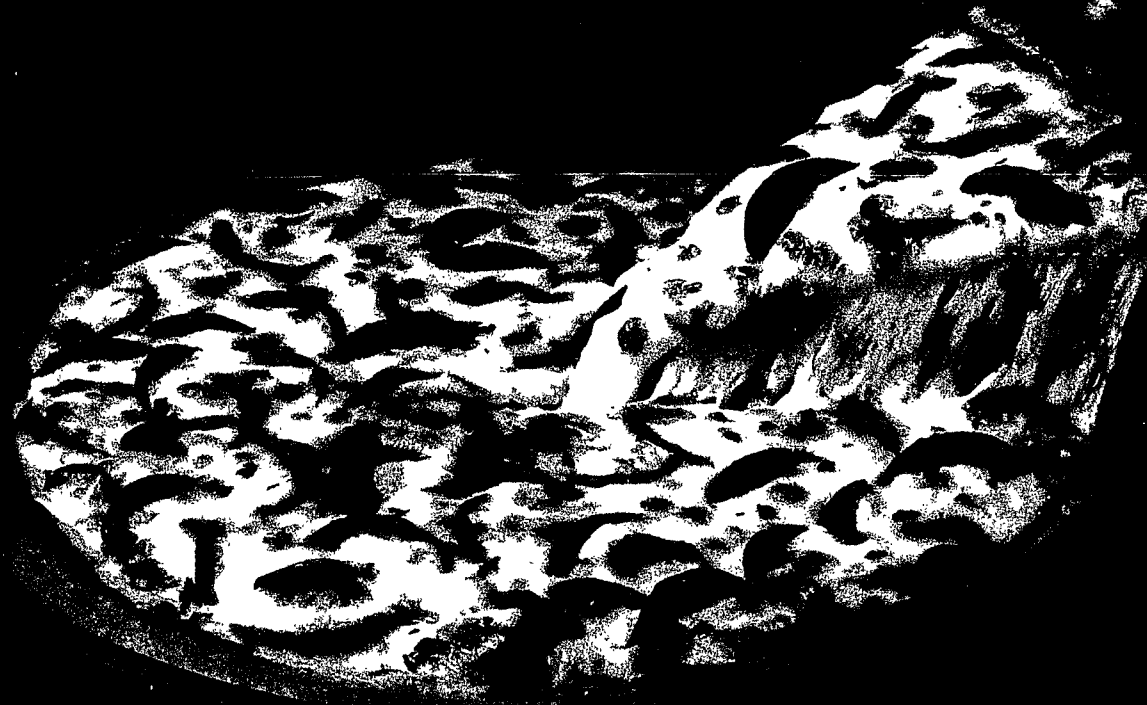


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WEEK OF

Sun.	10:41 a.m.
Mon.	11:34 a.m.
Tues.	12:22 p.m.
Wed.	1:08 p.m.
Thurs.	1:50 p.m.
Fri.	2:29 p.m.
Sat.	3:07 p.m.

Sun.	5:01 a.m.
	4:06 p.m.